

# Lawyer Wellness in a COVID-19 World

*Presented by Erica Grigg, JD, TLAP Attorney*



TEXAS LAWYERS'  
ASSISTANCE PROGRAM  
1-800-343-TLAP



STATE BAR OF TEXAS

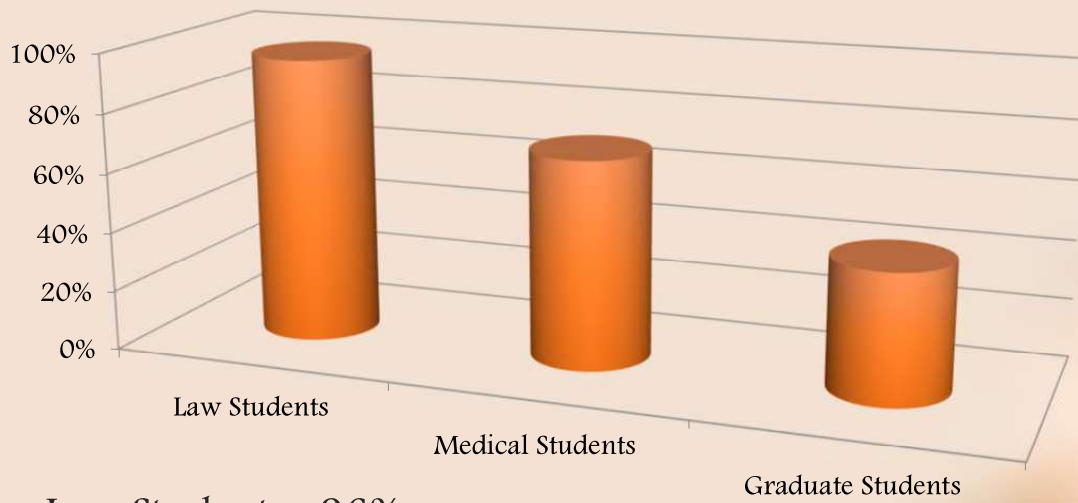
1

Stress  
Anxiety  
Depression  
Burnout  
Secondary Trauma  
Alcohol / Substance Abuse  
Cognitive Impairment  
Suicide  
Gambling and other process  
addictions

## Major Problems for Attorneys

2

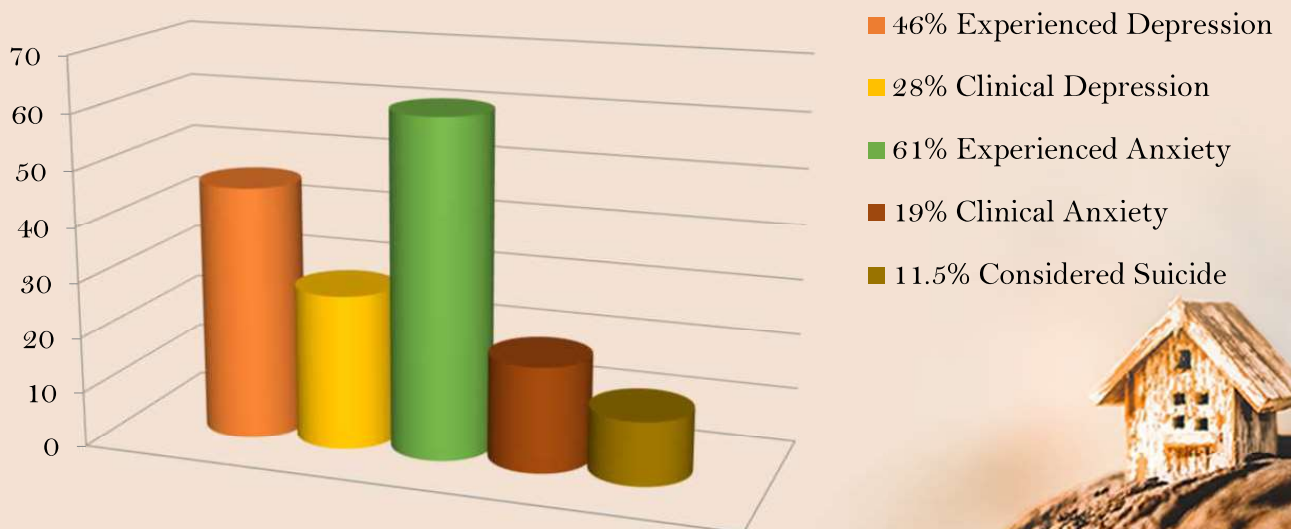
# How Graduate Students Rank for Anxiety



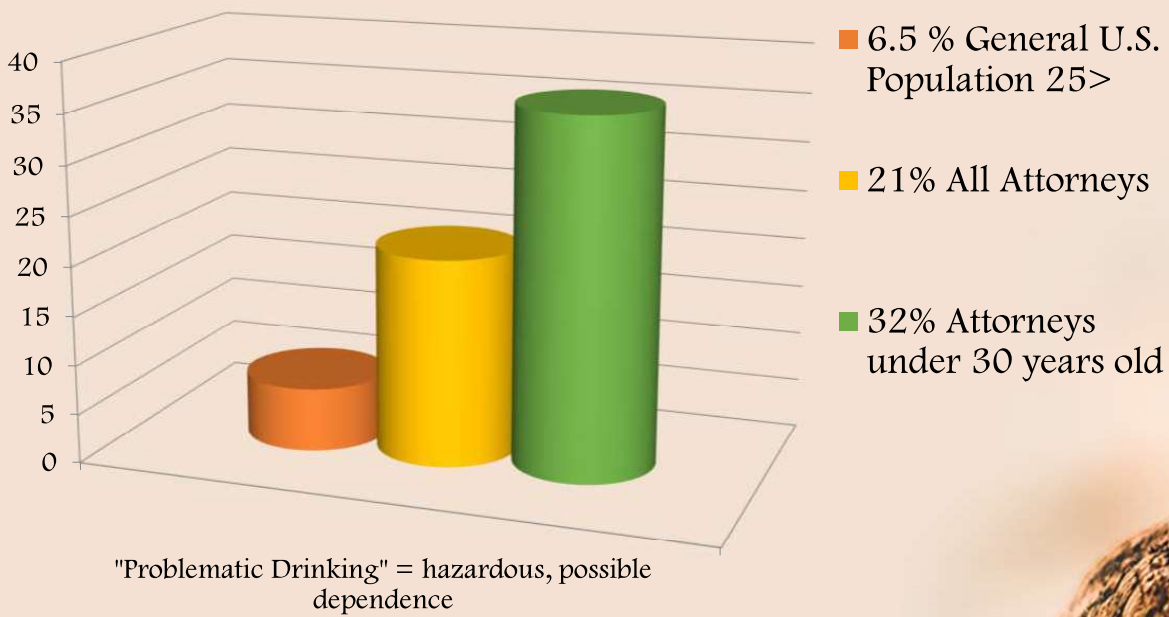
Law Students: 96%  
Medical Students: 70%  
Graduate Students: 43%



# 2015 ABA Study of Almost 13,000 Attorneys: Attorney Mental Health Issues



# 2015 ABA Study of 13,000 Attorneys: Problem Drinking for Attorneys



5

## Depression

According to a 1991 Johns Hopkins University study of depression in 105 professions, lawyers ranked number one in the incidence of depression.



6

Find the full text of this and thousands of other resources from leading experts in dozens of legal practice areas in the [UT Law CLE eLibrary \(utcle.org/elibrary\)](https://utcle.org/elibrary)

Title search: Lawyer Wellness

Also available as part of the eCourse

[Lawyer Wellness](#)

First appeared as part of the conference materials for the  
2020 Lawyer Wellness session

"Lawyer Wellness "