

# 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

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Stress  
Anxiety  
Depression  
Burnout

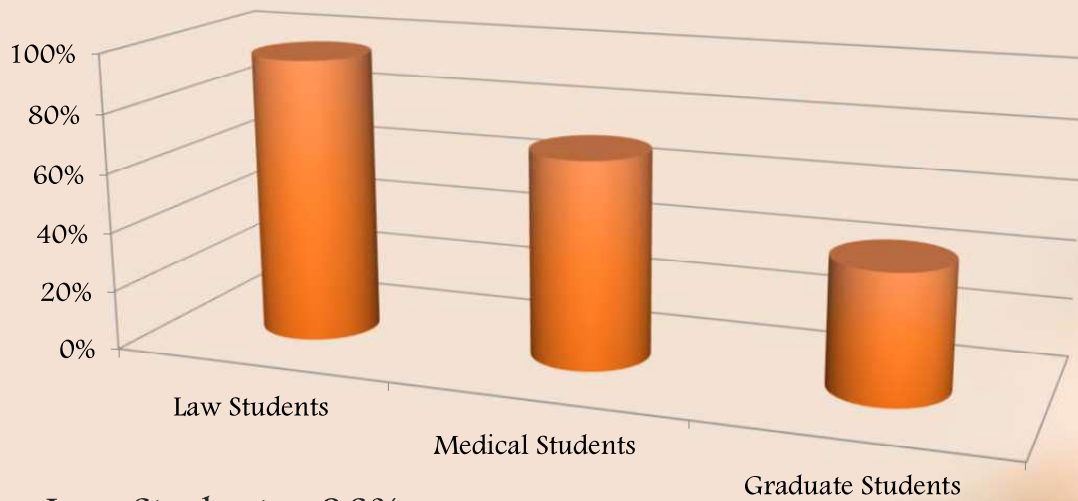
Secondary Trauma  
Alcohol / Substance Abuse  
Cognitive Impairment  
Suicide  
Gambling and other process  
addictions

## Major Problems for Attorneys



2

## How Graduate Students Rank for Anxiety

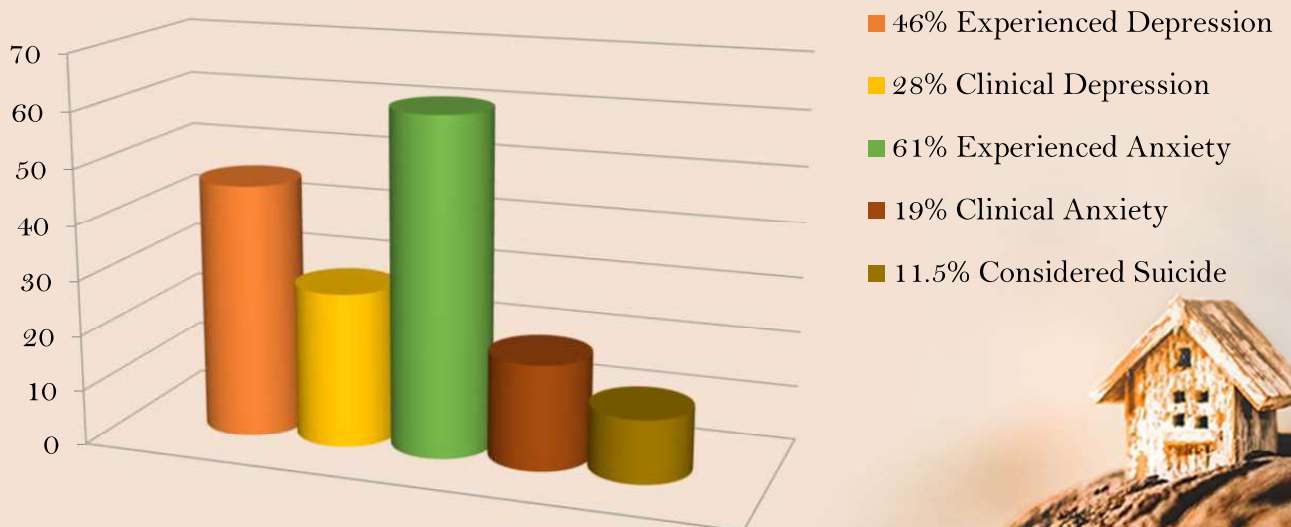


Law Students: 96%  
Medical Students: 70%  
Graduate Students: 43%



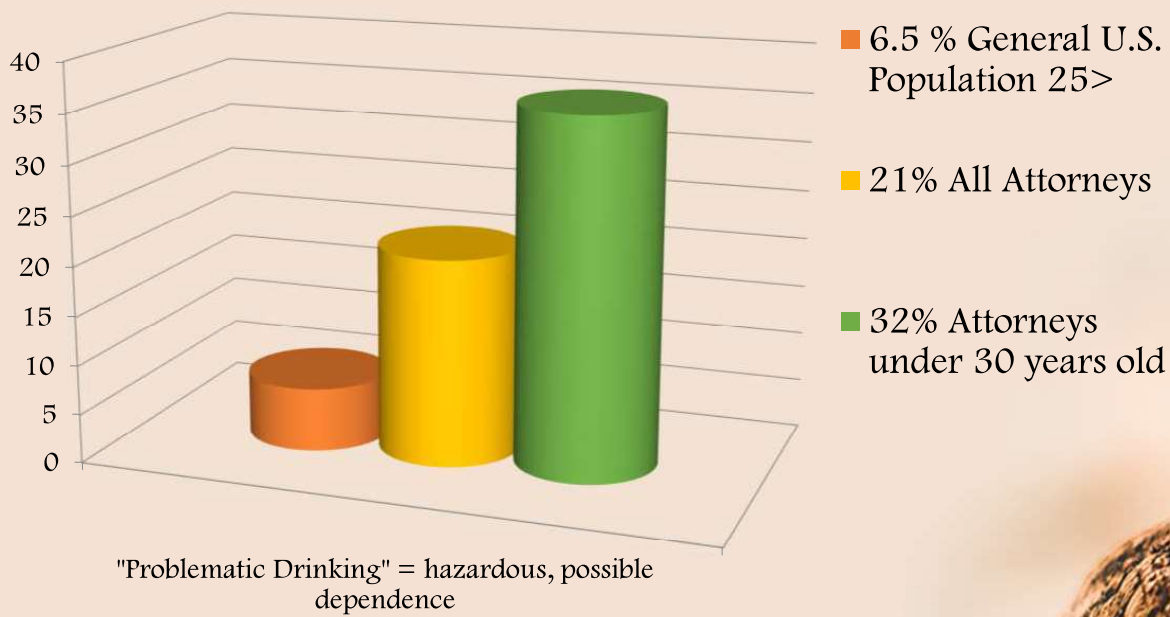
3

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



4

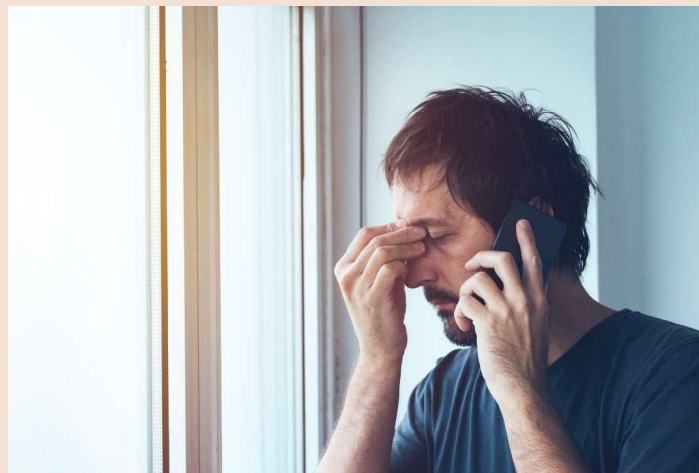
## 2015 ABA Study of 13,000 Attorneys: Problem Drinking for Attorneys



5

## Depression

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



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Title search: Lawyer Wellness

Also available as part of the eCourse

[eSupplement to the 32nd Annual Health Law Conference](#)

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

"Lawyer Wellness "