



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

## Lawyer Wellness

*Presented by Erica Grigg, JD  
TLAP Lead Professional*



STATE BAR of TEXAS

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## Major Problems for Attorneys

Stress

Anxiety

Depression

Burnout

Secondary Trauma

Alcohol / Substance Abuse

Cognitive Impairment

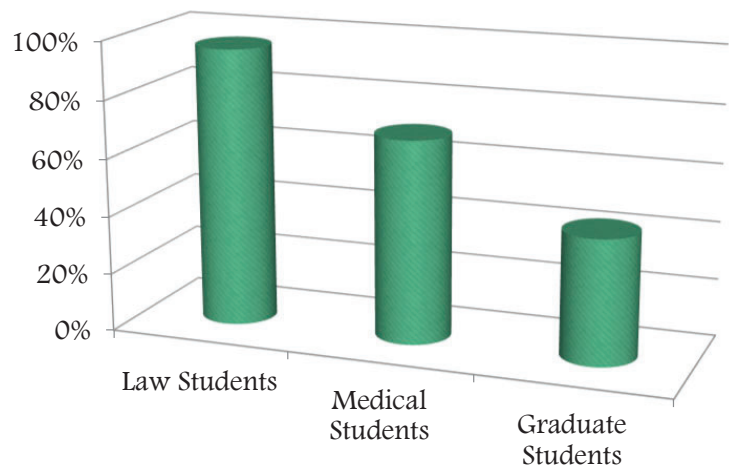
Suicide

Gambling and other process addictions

2

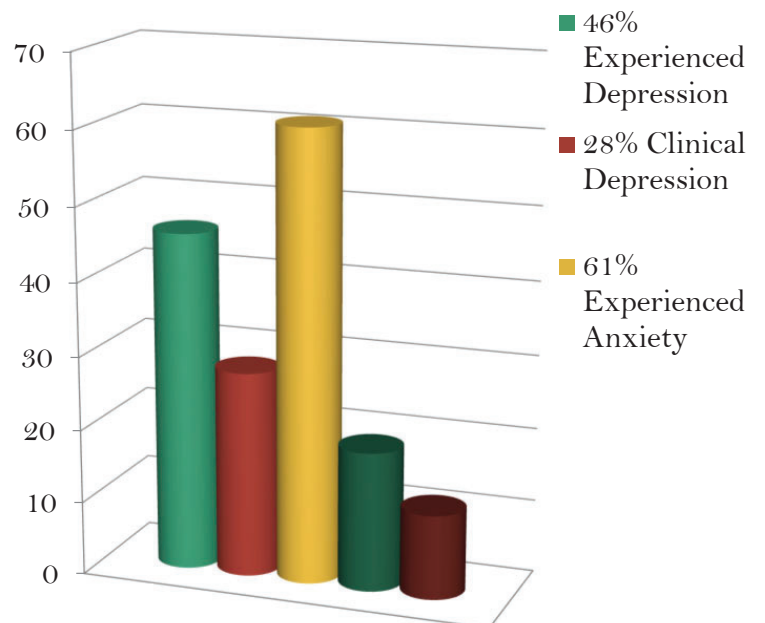
## How Graduate Students Rank for Anxiety

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



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



4

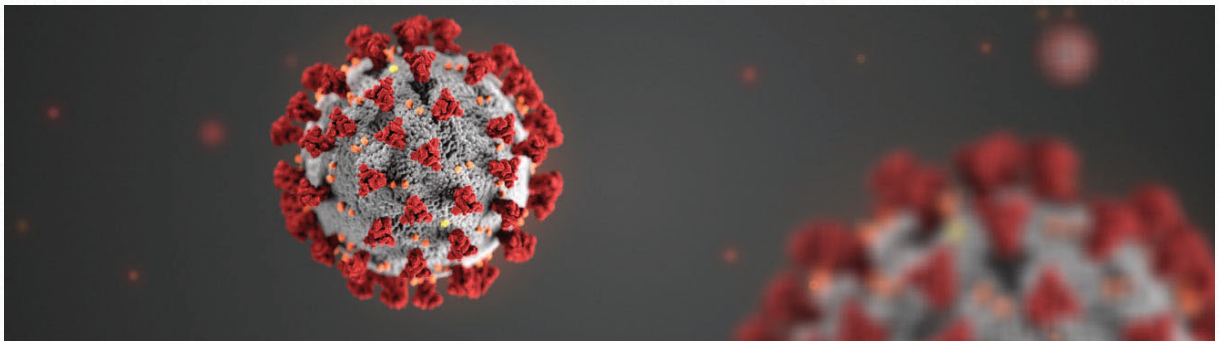
# Depression

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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## THEN A CRISIS HITS



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Title search: Lawyer Wellness

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[2021 eConference on Immigration and Nationality Law](#)

First appeared as part of the conference materials for the  
45<sup>th</sup> Annual Conference on Immigration and Nationality Law session  
"TLAP/Lawyer Wellness"