

# WELLNESS IN THE PRACTICE OF LAW: WHAT EVERY LAWYER SHOULD KNOW

*Presented by*  
*Michelle Fontenot, JD, MEd*  
*TLAP Director*



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

1

## MAJOR PROBLEMS FOR ATTORNEYS

---

Stress / Anxiety

---

Depression

---

Burnout / Secondary Trauma

---

Alcohol / Substance Abuse

---

Cognitive Impairment

---

Suicide

---

Gambling and other process  
addictions

2

# LAWYER WELL-BEING

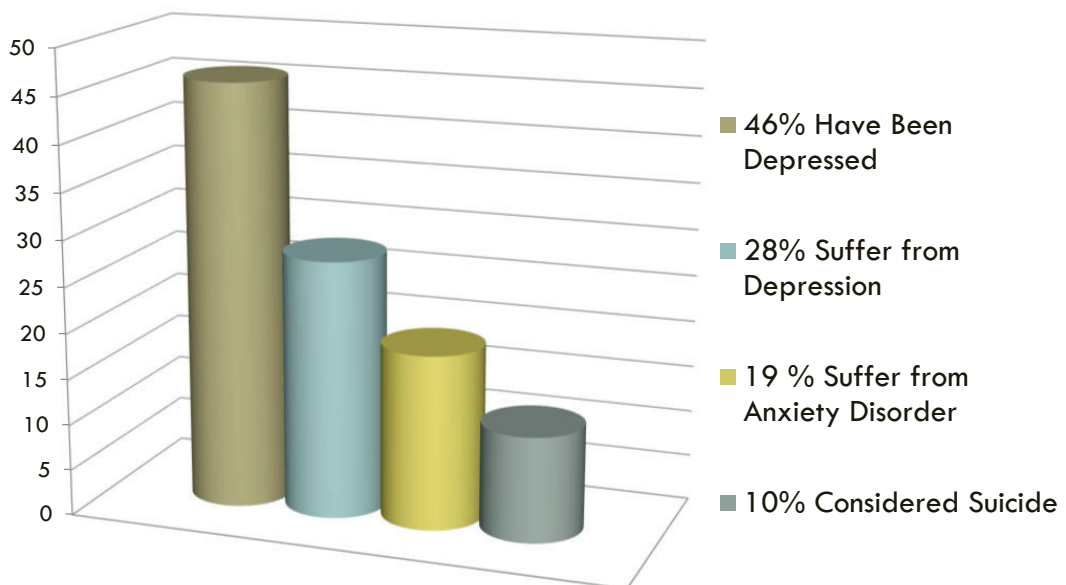
Lawyer well-being is part of a lawyer's ethical duty of competence.

It includes a lawyer's ability to make healthy, positive work/life choices to assure not only a quality of life within their families and communities, but also to help them make responsible decisions for and with their clients.

It includes maintaining their own long-term well-being.



## 2015 ABA STUDY OF ALMOST 13,000 ATTORNEYS ATTORNEY MENTAL HEALTH ISSUES



# LAWYER MENTAL HEALTH CHALLENGES

## 2022 study of 4,450 lawyers by The University of Chicago:

- 77% reported feeling burned out;
- 26% reported high rates of anxiety;
- 21% reported depression;
- 42% reported unhealthy or hazardous substance use; and
- 7% reported suicidal thoughts.

5

Survey Comparison	2021	2014
Needed help for emotional or mental health problems	68.7%	42%
Depression	33%	18%
Anxiety	40%	21%
Suicide	11%	6%
Self-harm	15.7%	9%
Trauma	80%	Not asked
Binge Drinking	44%	53%
Marijuana	38%	25%

# SURVEY OF LAW STUDENT WELL-BEING

6

Also available as part of the eCourse

[2023 Advanced Texas Administrative Law eConference](#)

First appeared as part of the conference materials for the  
18<sup>th</sup> Annual Advanced Texas Administrative Law Seminar session  
"Wellness in the Practice of Law: What Every Lawyer Should Know"