

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

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**TEXAS LAWYERS'
ASSISTANCE PROGRAM**
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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

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LAWYER WELL-BEING

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

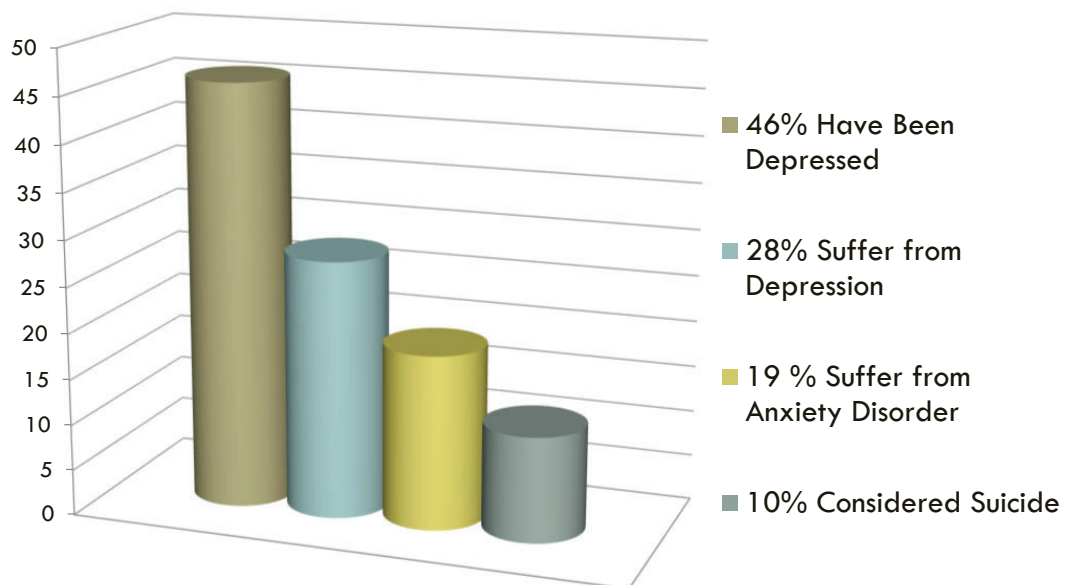
It includes a lawyer's ability to make healthy, positive work/life choices to assure not only a quality of life within their families and communities, but also to help them make responsible decisions for and with their clients.

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



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



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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.

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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

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