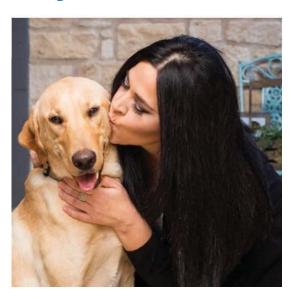
Lawyer Wellness



Texas Lawyers' Assistance Program Volunteer
Erica Grigg, JD

The Stats

- 32% of lawyers 30 years or younger have a drinking problem
- 28% of lawyers struggle with some level of depression
- 19% of lawyers demonstrate symptoms of anxiety
- 11% of lawyers have suicidal thoughts at some point in their career

Texas Lawyers' Assistance Program. (2018). Petrieved from https://www.tlaphelps.org/

1. You're Number One!



2. Ask for Help!



Help Seeking & Gender

- 10% to 15% of men will experience a major depressive episode in their lifetimes
- 20% will abuse alcohol
- Men are 4 times more likely to commit suicide than women
- Men are far less likely to get help than women

Wendt, D. & Shafer, K. (2015). Gender and Attitudes about Mental Health Seeking: Results from National Data. *Health and Social Work*. Oxford Press/USA.

3. You Are Good Enough!





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Also available as part of the eCourse 2018 The Car Crash eConference

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