

# Lawyer Wellness in a COVID~19 World

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



STATE BAR of TEXAS

Stress

Anxiety

Depression

Burnout

Secondary Trauma

Alcohol / Substance Abuse

Cognitive Impairment

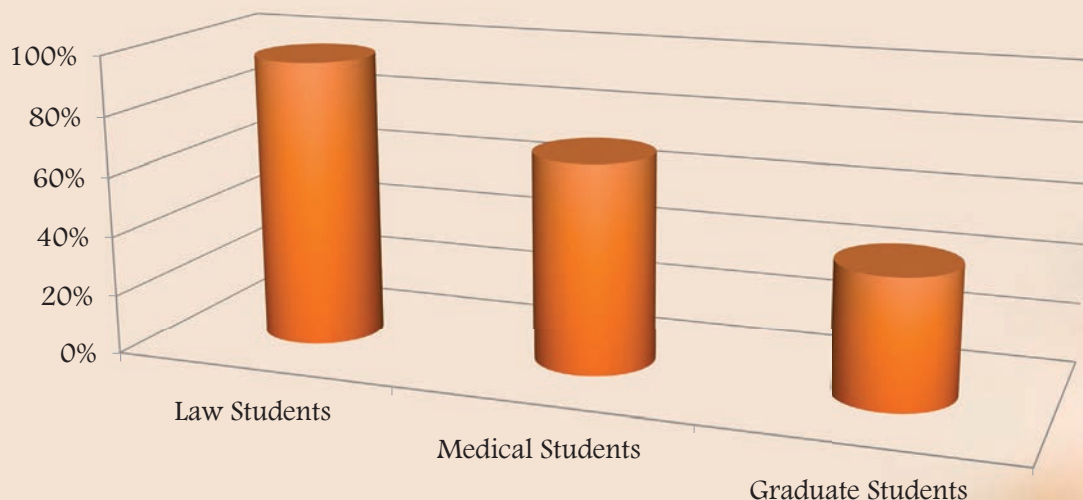
Suicide

Gambling and other process  
addictions

## Major Problems for Attorneys



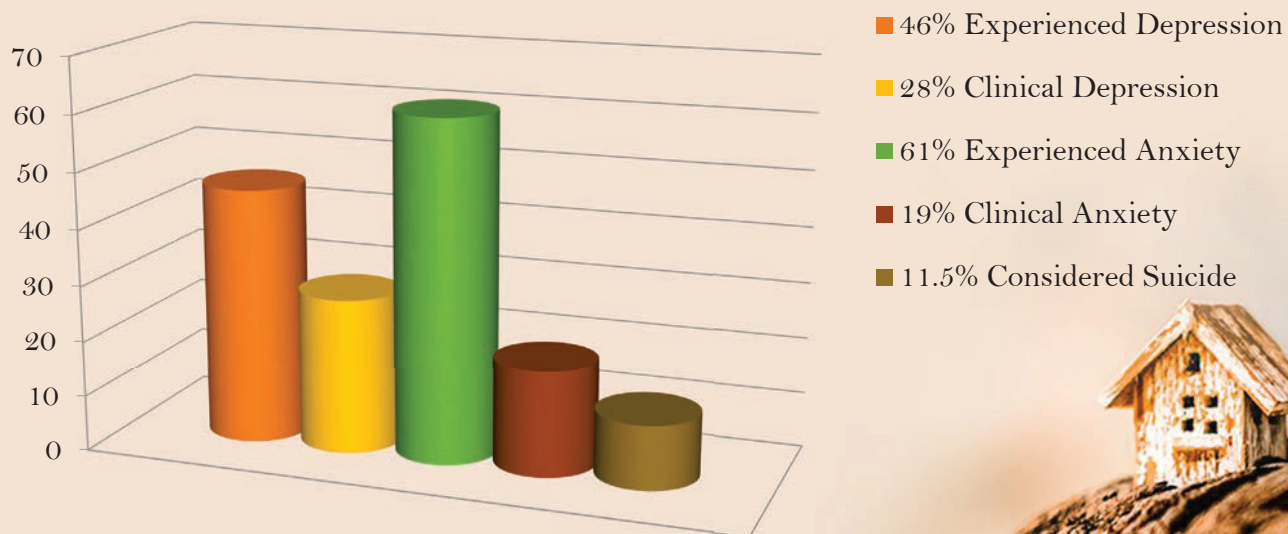
## How Graduate Students Rank for Anxiety



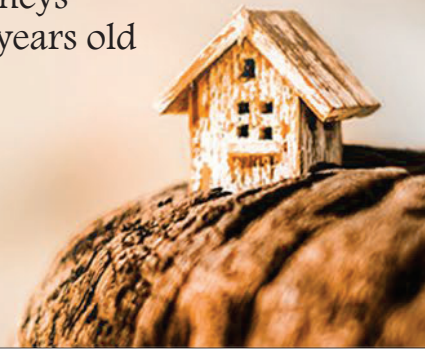
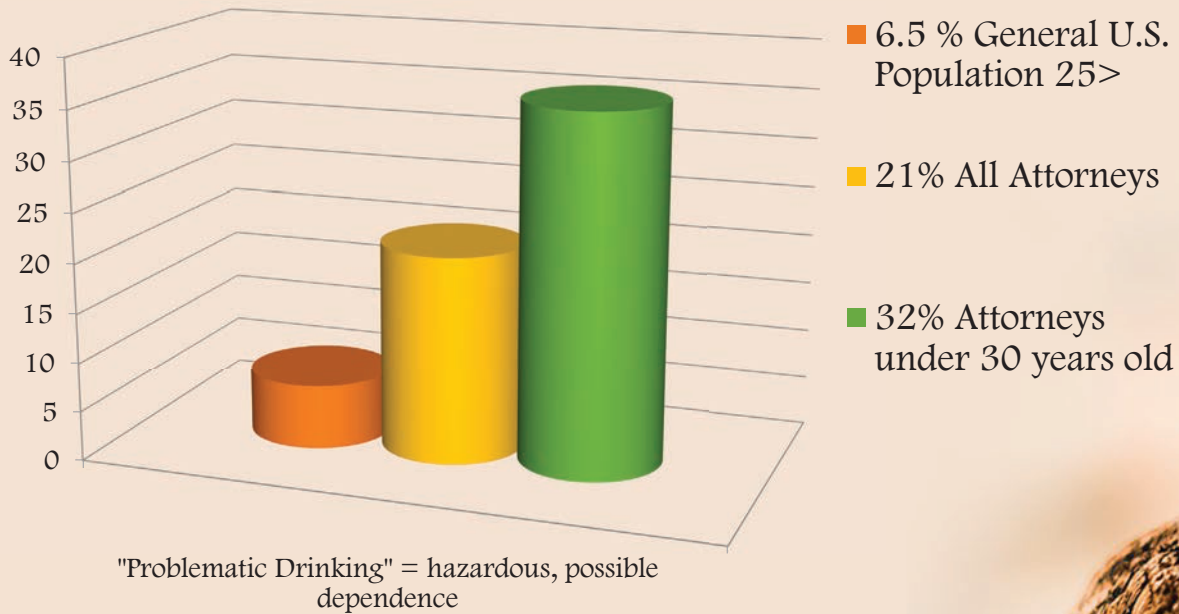
Law Students: 96%  
Medical Students: 70%  
Graduate Students: 43%



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



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



## 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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First appeared as part of the conference materials for the  
2020 Car Crash Seminar session

"Lawyer Wellness"