

Lawyer Wellness in a COVID-19 World

Presented by Erica Grigg, JD, TLAP Attorney



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



STATE BAR OF TEXAS

1

Stress
Anxiety
Depression
Burnout

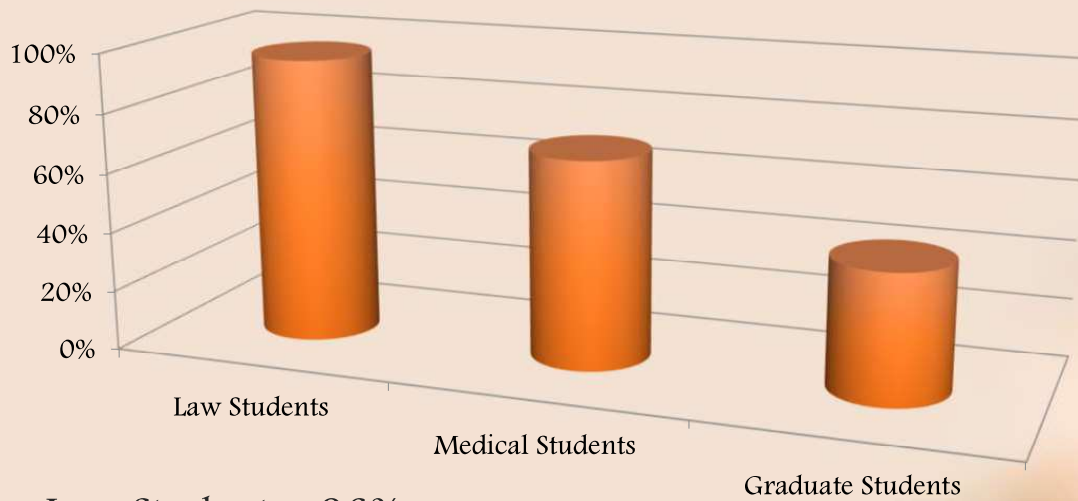
Secondary Trauma
Alcohol / Substance Abuse
Cognitive Impairment
Suicide
Gambling and other process
addictions

Major Problems for Attorneys



2

How Graduate Students Rank for Anxiety

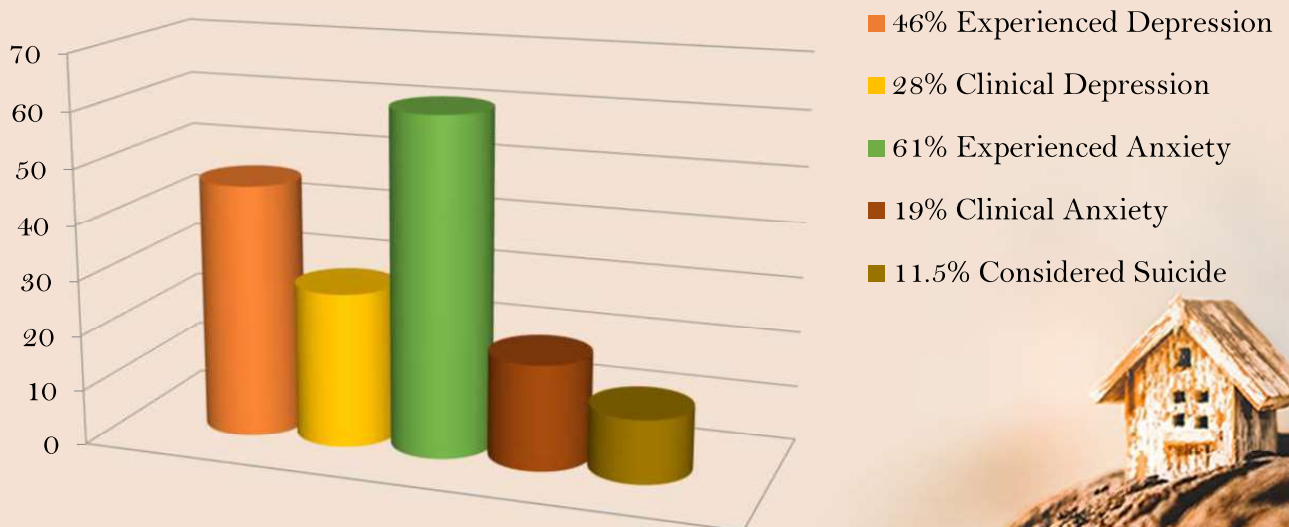


Law Students: 96%
Medical Students: 70%
Graduate Students: 43%



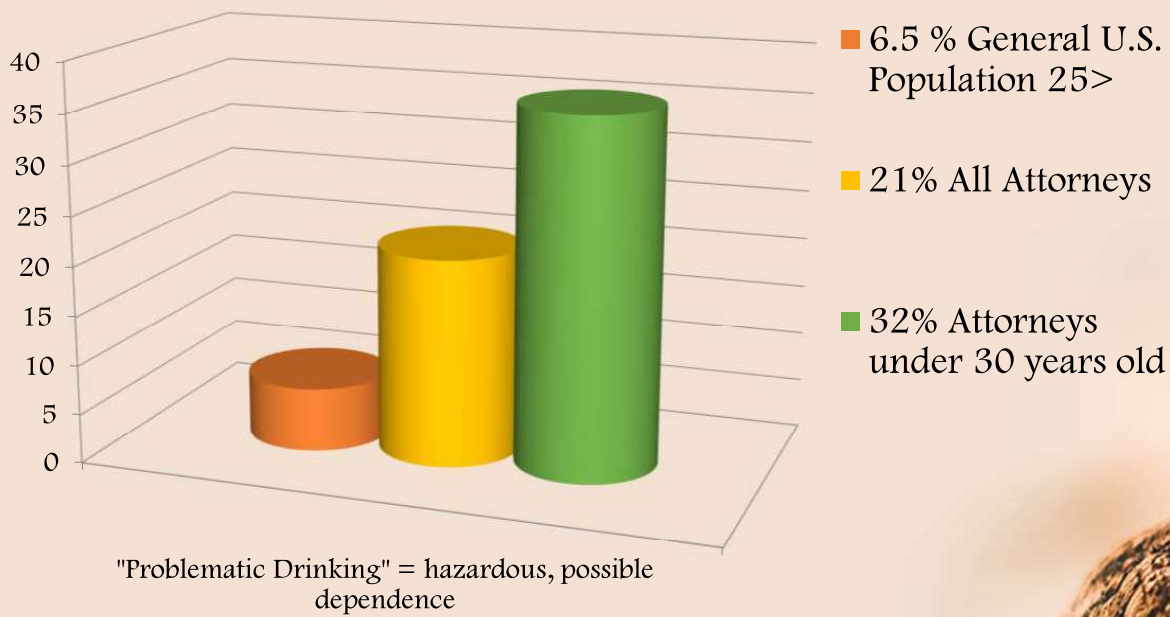
3

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



4

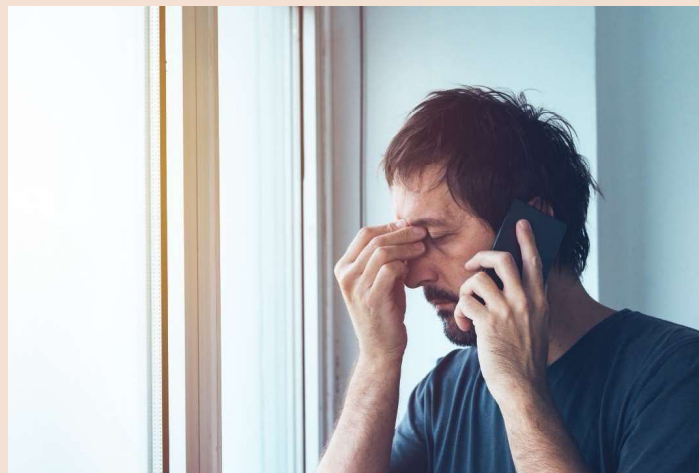
2015 ABA Study of 13,000 Attorneys: Problem Drinking for Attorneys



5

Depression

According to a 1991 Johns Hopkins University study of depression in 105 professions, lawyers ranked number one in the incidence of depression.



6

Find the full text of this and thousands of other resources from leading experts in dozens of legal practice areas in the [UT Law CLE eLibrary \(utcle.org/elibrary\)](https://utcle.org/elibrary)

Title search: Lawyer Wellness

Also available as part of the eCourse

[eSupplement to the 32nd Annual Health Law Conference](#)

First appeared as part of the conference materials for the
2020 Lawyer Wellness session

"Lawyer Wellness "