

LawCare A helpline support service for lawyers

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LawCare
Supporting the Legal Community

LawCare – A Helpline Support Service

- Overview who we are/what we do
- Examples: how we support and help
- The case for WellBeing:
 - Working Well/Staying Well: some thoughts

LawCare

- Free & Confidential
- Independent
- UK based - lawyers talking to lawyers
- www.lawcare.ie
- Facebook/LawCare
- Twitter - @LawCareLtd



What We Do

Who calls LawCare? What do they call about?



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How LawCare helps

- Opens up the conversation gives ongoing support
- Encourages caller to seek independent legal advice
- Explains how counselling might help e.g. IACP
- Refers to a volunteer who had similar crisis for moral support

Our Volunteers



LawCare
Supporting the Legal Community

LawCare Peer Supporters



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LawCare Peer Supporters

A service available to you

- One-to-one personal support
- Encourage, befriend and empathise
- Share experience

Wellbeing – what is it?

WHO defines mental health as

‘state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and can make a contribution to his or her community’



You & Well-Being

- How well are you, emotionally, physically, mentally?
- How well do your colleagues think you are?
- How well do your family and friends think you are?

Being a Lawyer?

So what's so special about being a lawyer?



Factors that affect the Wellbeing of Lawyers

- Overload
- Multi tasking
- Reactive
- Replaying
- Perfectionist approach
- Self sufficient
- No emotional vocabulary
- Type A personality



What Can We Do?

- Remember the signposts



What Can We Do About Stigma?

- Sharing lived experiences
- Culture shift
- Wellbeing on the agenda
- Wellness week/Task forces



What Can We Do?

- Support World Mental Health Week every year
- Encourage Wellness programmes/culture in firm
- Have a look at R U OK?
- Know about Mental Health charities, e.g. Aware, La Pieta (a safe place for potential suicides)
- Start a conversation: quality listening is like giving emotional first aid.

Five Steps to Improve Wellbeing

- Connect
- Be active
- Keep learning
- Give to others
- Take Notice



Useful Resources

www.lawcare.ie

www.hse.ie

www.viacharacter.org

www.actionforhappiness.org

www.wheelofwellbeing.org

Work of Martin Seligman and Tai Ben Shahr

A Lawyer's Guide to Wellbeing and Managing Stress by Angus Lyon

- In his Intro...
 - “I...urge any ambitious lawyer who wishes to make and/or maintain a life-long career in the law to embrace a deeper understanding of psychology. More importantly, legal education and training providers must build this into the fabric of their educational programmes.”

Words to finish on

- There is nothing good nor bad but thinking makes it so...

Hamlet

- There is no duty underrated so much as the duty to be happy.

Robert Louis Stephenson

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Free, confidential, independent, 365 days a year

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