

LawCare News Ireland

Welcome

to the Spring edition of *LawCare News Ireland*.

As I write it looks like winter is finally behind us and we are well into spring, one of the busiest periods in the LawCare calendar.

The theme of the last few months at LawCare has been the concept of emotional competency and how that fits in with law.

Some think there is no place for emotion in the law and believe emotions interfere with rational thinking. However emotions do affect how people feel and act and the legal profession is no exception.

We can clearly see the need for something to be done to better equip lawyers for a challenging work environment.

We want to encourage legal professionals to proactively recognise and identify factors that put a strain on their wellbeing at an early stage, rather than responding retrospectively once issues with mental health and wellbeing have arisen. We know from our work in supporting lawyers for over 20 years, how difficult it is for lawyers to admit they are struggling with the pressures of work, which often leads them to seek help when they are nearing crisis. We want to change this.

We hope our new online resources, devised with the Open University and launching later this year, will proactively encourage legal professionals to engage with issues around recognising and regulating their emotions. The goal is to foster enhanced wellbeing, to support legal professionals to not just survive, but to also thrive, within a challenging work environment. A huge thank you to those of you who attended our focus group in Dublin to help shape this important work.

Elizabeth



facebook.com/LawCare



[@LawCareLtd](https://twitter.com/LawCareLtd)

New look for LawCare

LawCare has a new leaflet and poster, as well as a [web homepage refresh](#). You can view the new materials [here](#) and do get in touch with Anna Buttimore at abuttimore@lawcare.org.uk if you would like to order any leaflets.



LawCare receives Helpline Standards Accreditation

We are delighted that our helpline has received the Helplines Standards Accreditation from the Helplines Partnership in the UK after months of hard work behind the scenes. The Helplines Standard is a recognised quality standard which defines and accredits best practice in helpline work. Our free, independent and confidential helpline is open 365 days a year and is available to anyone in the legal community including those studying and in training. Calls to the helpline are answered by trained staff and volunteers who have first-hand experience of working in the law.



Volunteering for LawCare

Did you know that volunteering contributes to your wellbeing? There is a wealth of evidence that volunteering is good for you – it can make you feel happier and valued and improve your mental health. If you want to support the legal community, why not think about volunteering for LawCare – our Trustees, helpline workers and peer supporters are all roles filled by volunteers. All our volunteers are legal professionals who want to give something back to their profession. Find out more on our website or by emailing Anna Buttimore at abuttimore@lawcare.org.uk. You can also read this great [blog](#) from one of our Irish volunteers Sharon Hanson on what she has learnt about lawyers from volunteering with LawCare.



LawCare and the Bar of Ireland

On Saturday 16 June Mary Jackson, Co-Ordinator for Ireland will provide a morning's training session at the Bar of Ireland for volunteer barristers who man the Consult a Colleague helpline for barristers. She aims to cover the following:

- Mental Health First Aid – An overview of Anxiety/Stress/Depression
- Active Listening: the 1:1 relationship between volunteer and caller
- Case Studies for group discussion with signposting suggestions
- The Crisis Call recognising and coping with it
- Self-Care for the Volunteer

Mary will be drawing on her 10 years' experience of working on the LawCare helpline and her knowledge of counselling skills built up while studying to be a Counsellor herself.



LawCare and the Bar of Ireland

If LawCare has helped you in the past and you would be happy to share your story please do leave us a Facebook review or if you would prefer to do this anonymously email gmatthews@lawcare.org.uk

