

LawCare News Ireland

Welcome

to the Autumn edition of *LawCare News Ireland*.

I hope you all had an enjoyable summer.

The LawCare team are preparing for a busy autumn. At the end of the month I will be travelling to the American Bar Association's 2018 National Conference for Lawyer Assistance Programs - the theme this year is '**Next Generation: Changing the Culture of the Legal Profession**' and I am very much looking forward to discussing this issue with our American colleagues. At LawCare we believe the competitive, hierarchical, long hours culture of the legal profession significantly affects mental health and wellbeing, and until we address these issues we will continue to see a legal community struggling with stress, anxiety and depression.

World Mental Health Day is also coming up in October which this year looks at young people and mental health in a changing world. Research suggests that you start thinking like a lawyer and absorbing the cultural norms of the law on the very first day of your law degree, and it is our duty to better prepare young people for the demands of this challenging profession. Work continues on our online resources into emotional competency with the Open University which we hope may eventually help with this. We'll share more on this soon.

The LawCare board will be in Dublin late September for their quarterly board meeting kindly hosted by the Law Society, it will be an opportunity for the our board to meet the Vice President and key staff at the Law Society and strengthen our relationship.

Finally we would love to hear from you about your experiences with mental wellbeing working in the law - if you would like to tell your story, write us a blog or tell us what steps your organisations is taking to promote a mentally healthy workplace then do get in touch, we'd love to hear from you. Likewise If you are interested in LawCare attending your organisation to give a talk or providing you with materials drop us a line. You can also follow us on Twitter, Facebook, LinkedIn to find out what we are up to.

Elizabeth Rimmer, CEO



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New factsheets

LawCare's factsheets have been updated and are now live on our website. We also have new factsheets on suicide and vicarious trauma. Take a look at www.lawcare.ie.

World Mental Health Day

World Mental Health Day takes place on the 10th October during Mental Health Week in Ireland (7-13 October) – could you help spread the word about LawCare in your organisation? Perhaps displaying a poster or leaflets, sending an email round, or adding information about us to your intranet. We have a dropbox where you can download our posters, leaflets, logo and other useful materials and we'll also be on social media on the day so please share our posts! Email gmatthews@lawcare.org.uk for the link.

Open University project update

Work continues on our fantastic new online resources in emotional competency in collaboration with the Open University. We hope to launch these this year or early 2019 and will keep you posted with more information.



Law Society of Ireland announces wellbeing review

The Law Society of Ireland has engaged Psychology at Work, to conduct a full, objective review of existing mental health and wellbeing supports offered by the Society. If you would be interested in participating in a focus group, please email Psychology at Work directly at workpsychol@gmail.com. They will select the right mix of participants to best reflect the profile of the profession.



Away day

The LawCare staff team and board got together in August for a strategy planning day in London. It was a very productive day and will help shape LawCare's plans for the next three years in prevention, education and support as we continue to support lawyers.



Volunteer training in Belfast

Our next training day for our peer supporters and volunteers in the UK and Ireland is on 9th and 10th November. We are looking forward to a stimulating and informative day and the chance to get to know our volunteers better. For more information email Anna at abuttimore@lawcare.org.uk.