

# LawCare News Ireland

## Welcome

to the Spring edition of *LawCare News Ireland*.

It's been a great start to the year for LawCare as we start to roll out our new strategy - we have ambitious plans for the next few years, including expanding our support offer and developing our training for legal workplaces.

We released our caller statistics in January for 2018, we received our highest ever number of calls with calls about bullying and harassment nearly doubling. This is not to say that more bullying is taking place, it's more likely that there is greater awareness about unacceptable workplace behaviour. The preliminary findings of an International Bar Association survey on bullying and sexual harassment in the profession late last year show that half of all women lawyers have been bullied at work and one in three has been sexually harassed. One in three male lawyers reports having been bullied, while one in 15 has been sexually harassed. The legal community needs to come together to stamp out bullying and we hope to focus on this over the coming year.

The LawCare team have also been out and about delivering training on vicarious trauma and giving talks to firms, chambers and legal organisations including to FLAC (Free Legal Advice Centres) in Dublin. If you are interested in LawCare talks, training or materials please do get in touch.

We would also love to hear from you about your experiences with mental wellbeing working in the law - if you would like to tell us your story, write us a blog or tell us what steps your organisations is taking to promote a mentally healthy workplace then do drop us a line, we'd love to hear from you. We've had some great blogs over the past few months including one from the Irish Womens Lawyers Association, a blog about mindfulness and tips for barristers on wellbeing

Finally if you are interested in fundraising for LawCare, or choosing us as your charity partner, please do email me for more information. We are grateful for your support in enabling us to run our helpline, peer support programme and therapy support fund.

**Elizabeth Rimmer, CEO**



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### Time to Talk Day

Time to Talk Day takes place May 7 in Ireland and gives us all an opportunity to spread the word about mental health. If you would like leaflets, posters or copy/digital images to use within your organisation to promote the week email [gmatthews@lawcare.org.uk](mailto:gmatthews@lawcare.org.uk) and join the conversation online using [#TimeToTalk](https://twitter.com/TimeToTalk). You can find out more about wearing a green ribbon to end mental health stigma on the See Change website [www.seechange.ie/green-ribbon/](http://www.seechange.ie/green-ribbon/).



### Travels in Ireland

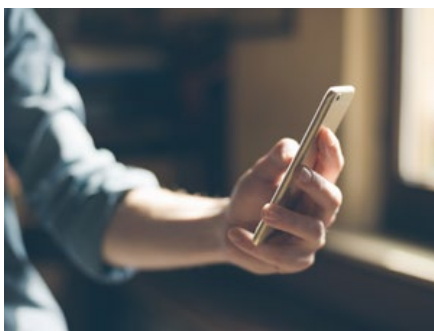
Our Irish Co-ordinator, Mary Jackson has just returned from a trip to both Cork and Dublin. While there she gave a seminar on Mental Health and Wellbeing to the SLA membership, as well as both a workshop on Compassion Fatigue and a lunchtime presentation to secretaries and receptionists on the work of Lawcare at the offices of CKT, Cork. She found time to reconnect with Marjorie Connolly at the law library, too leaving her with copies of cards, posters and leaflets to distribute to the Cork Bar.

In Dublin she renewed contact with various colleagues at the Law Society updating them on our work before meeting with the National Women's Council of Ireland and a student representative from FLAC to hear more about their drop-in service that they offer at the university. In February, Ursula Cullen, one of our volunteers presented to FLAC on behalf of LawCare which was really well received.



### Workplace Hub

We were delighted to launch [www.lawcare.ie/workplace-hub](http://www.lawcare.ie/workplace-hub) earlier this year which is packed full of useful advice and tips on creating a mentally healthy workplace. We will be adding lots more content to this area over the coming year. If you would like to share what your organisation is doing to promote good mental health and wellbeing at work email [gmatthews@lawcare.org.uk](mailto:gmatthews@lawcare.org.uk)



### Callers to helpline

We received our highest ever number of helpline calls from lawyers in 2018 with calls about bullying and harassment nearly doubling.



### Tell your story

Have you been through an experience with mental health in the law that you would like to share? Has LawCare helped you in the past? If you would be happy to share your story (you can do this anonymously) email [gmatthews@lawcare.org.uk](mailto:gmatthews@lawcare.org.uk). You can also leave us a Facebook review. We are particularly interested in hearing from anyone who has experienced post or pre natal depression, menopause, or has any interesting hobbies they feel contribute to their mental wellbeing. You can read our blogs and stories on our website.