

LawCare News Ireland

Welcome

to the summer edition of *LawCare News Ireland*.

Summer is well and truly here and it's been a busy few months for us here at LawCare.

At a recent event I attended someone came up to me and said 'LawCare saved my life' and shared their story of a difficult time. It's always so rewarding to speak directly to someone who we have helped and who is now thriving in the law. It makes everything we do worthwhile. Our trustees have also been busy, with our trustee John Guerin speaking on mental health and regulation at the IBA conference in Budapest in June.

This month saw the launch of our new webchat service which the team have been working hard on over the past few months. More and more people in the legal community are reaching out to us for support every year so it is vital we expand our support service. We also know that many young people are more likely to seek help online than pick up the phone. Our webchat service will allow anyone working in the legal profession to contact one of our trained team members online for emotional support on any issue that is troubling them.

Finally, for those of you going on holiday this summer can I take the opportunity to wish you a well-deserved break. Legal professionals who contact us have often been working evenings and weekends for months at a time and are in desperate need of some time off – sleep, good food, fresh air, time with our families, time to relax are all crucial our wellbeing. Think about leaving your work phone and laptop at home so the temptation isn't there to check in with the office, you will be better able to manage your work responsibilities if you return to work refreshed and well rested.

Elizabeth Rimmer, CEO



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Webchat Launched

We're thrilled to have launched the pilot for our new webchat service this month. Webchat will be available Monday 9am - 1pm, Wednesday 1pm - 5:30pm, Friday 9am - 1pm at www.lawcare.ie.



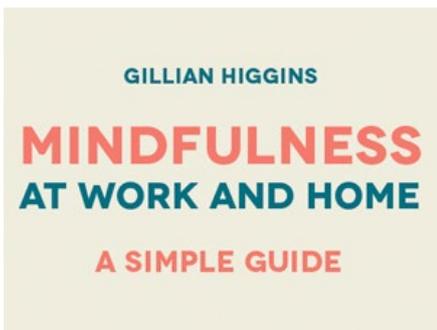
Mentally Healthy Legal Workplaces Booklet

Our new booklet on creating mentally healthy legal workplaces is now available to [download here](#), or you can order hard copies by emailing admin@lawcare.ie. It's packed full of practical tips on ensuring good mental health and wellbeing in your legal workplace.



Disciplinary now on website

We have a new section on our website to support anyone in the legal profession going through disciplinary proceedings. We hope it's useful, and if you have ideas for new sections on our site do contact us by emailing gmatthews@lawcare.org.uk.



Mindfulness at Work and Home

A new book written by an international barrister Gillian Higgins is now available to pre-order ahead of the September publication date. Gillian uses mindfulness in all aspects of her life, and the book is a down-to-earth beginners' guide to mindfulness, referencing the latest scientific research. [Read more here](#).



IBA research

The International Bar Association (IBA) and market research company Acritas have conducted the largest-ever global survey on bullying and sexual harassment in the profession. Nearly 7,000 individuals from 135 countries responded to the survey, from across the spectrum of legal workplaces: law firms, in-house, barristers' chambers, government and the judiciary. The results provide empirical confirmation that bullying and sexual harassment are rife in the legal profession. [Read the report here](#). If you are experiencing these issues do contact our helpline for support on [1800 991 801](tel:1800991801).



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) please email gmatthews@lawcare.org.uk. You can also leave us a [Facebook review](#).

Read more of our news at www.lawcare.ie/news