

## About LawCare

### Our support

Overwhelmed? Mind racing? Can't sleep? Life in the law can be challenging and sometimes things can get on top of you. Talk to us – we've been there.

LawCare is an independent charity offering emotional support to legal professionals in the UK and Ireland through our helpline, peer support network, website, and training and talks to legal organisations. We've been supporting lawyers for 21 years. We raise awareness of wellbeing issues across the legal community and tackle stigma surrounding mental health.

Our free and confidential support service offers a safe place to talk without judgement, with calls, webchats and emails answered by trained staff and volunteers who have first-hand experience of working in the law. Last year we provided support to nearly 700 people.

We also offer one-to-one peer support. We have a network of Peer Supporters, people who work in the legal profession who may have been through difficult times themselves and can offer one-to-one support, friendship and mentoring to people referred to them.

We have visited hundreds of legal workplaces over the years and we have listened to thousands of legal professionals tell us about the stress, anxiety and depression they are experiencing, which is often caused or exacerbated by a difficult working environment. Lack of support or supervision, an overly critical manager, being undermined after a career break, an unreasonably heavy workload, long hours and sleep deprivation are all very common issues.

Whether you're support staff feeling burnt out, a young trainee being bullied, a student struggling with the workload, an experienced partner worrying about a mistake you've made, a senior lawyer feeling like you're being pushed out - we're here to listen.

### Covid

We received our first covid support contact on March 10, since then 40% of our support contacts now have a covid element. The main reasons legal professionals are turning to us during covid are for support with existing mental health issues getting worse, worries about the future – in particular those on furlough or fearful they will be made redundant and the challenges of working from home or returning to the workplace. In response to this we have created a covid hub on our website <https://www.lawcare.org.uk/covid-19>, with factsheets, blogs and articles on the impact of covid and how to manage. We have also run a series of webinars during lockdown which are free to download from our covid hub.

We are here to help all branches of the legal profession: solicitors, barristers, barrister's clerks, judges, legal executives, paralegals, trade mark attorneys, patent agents, costs lawyers and their staff and families.

For more information on what LawCare does, how we can support you in creating a mentally healthy workplace and for additional information, resources and factsheets visit [www.lawcare.org.uk](http://www.lawcare.org.uk)

If you need emotional support call our helpline on 0800 279 6888 or visit the website.