

PROFESSIONAL WELLBEING SUPPORTS

FOR THE MINDFUL PROFESSIONAL



The Law Society [Professional Wellbeing Project](#) was established in 2019 to improve access to wellbeing supports, guidance, and education for the solicitors' profession in Ireland. It was set up in response to findings from the Law Society's 2018 independent research into indicative levels of stress in the profession. You can read more on this study [here](#).

Since the project start, numerous actions have been achieved to support positive workplace cultures, resilience and wellbeing, and emotional and psychological health in the solicitors' profession. We encourage you to avail of some of these supports designed exclusively for Law Society members:

SUPPORTS

- [LegalMind](#), an emotional and psychological support for Law Society members, puts solicitors in contact with an accredited psychotherapist or counsellor at any time of the day or night. It is independent, confidential and low-cost. You can call LegalMind's freephone number on 1800 81 41 77 to speak to someone confidentially today. Alternatively, you can text 'Hi' to 035387 369 0010 (standard rates apply) and a case manager will text you back.
- The Law Society's [Professional Wellbeing Hub](#) was set up to direct our members to appropriate wellbeing and mental health supports/guidance, to proactively dismantle perceived stigma about mental illness, and to promote positive workplace culture in the solicitors' profession. Videos, information sessions, Law Society Finuas Skillnet CPD offers, and much more, are available on the hub.
- In addition to monthly *Gazette* magazine wellbeing articles, a new "[Ask an Expert](#)" column has been developed to provide expert advice to our members on any interpersonal or wellbeing problems that they are facing in the workplace. Wellbeing support, acknowledgment, reflections, tips and/or techniques are provided to members who write in with a problem.

CHARTER

- The [Professional Wellbeing Charter](#) addresses workplace culture in firms and legal teams. Signatories to the Charter commit to improving leadership and championing behaviours, skills and practices that promote and enable professional wellbeing at all levels, and across all roles, in the workplace. It comes with an exclusive Law Society insignia to convey commitment to clients and current and future employees.

COMPLIMENTARY TRAINING

- Every year, Law Society Finuas Skillnet runs the "Business of Wellbeing" Summit close to World Mental Health Day (10 October). The complimentary summit invites industry experts and legal leaders to share thoughts and knowledge about wellbeing and mental health in solicitors' workplaces. Last year, special guests Sharon

Lambert and Blindboy discussed secondary traumatic stress. The summit will appeal to those who are open to novel ideas, self-reflection, a change of attitudes, and increased knowledge in this area. If not too late for 2021, you can register [here](#).

- Law Society Finuas Skillnet has developed multiple, online, free wellbeing CPD events. The "Unlocking Wellness Together" series informs our members about a wide variety of topical mental health themes and will continue throughout 2021. The most recent includes a conversation with Alastair Campbell (#1 bestselling author, communicator and strategist) where he discusses his journey of living with depression with Attracta O'Regan. You can register for these online CPD courses [here](#).
- A pilot peer support programme for Law Society members was set up by Law Society Finuas Skillnet in 2021. The aim of this peer support programme is to facilitate a space where solicitors can support each other in a safe setting. It encourages group members to appreciate the vulnerability of their clients and it supports group members develop a deeper understanding of their own and the client's feelings. Depending on the success of the pilot, the programme may be expanded out to other categories of members in the future. We will keep you informed on the [hub](#).

DIGNITY MATTERS SURVEY

- In early 2021, solicitors and Law School trainees were invited to participate in the [Dignity Matters survey](#) to share their subjective experiences of bullying, harassment, and sexual harassment in the solicitors' profession. The survey has just recently resulted in a change programme to address these harmful behaviours over the coming years. Watch this space – www.lawsociety.ie/dignitymatters



CONTACT US

If you would like to find out more about the Professional Wellbeing Project or any of the [wellbeing supports](#), you can contact Julie Breen, Professional Wellbeing Executive, at professionalwellbeing@lawsociety.ie.