The Path to Lawyer Well-Being: Practical Strategies for Positive Change


General Recommendations:

• Acknowledge the Problems and Take Responsibility.
• Use This Report as a Launch Pad for a Profession-Wide Action Plan.
• Leaders Should Demonstrate a Personal Commitment to Well-Being.
• Facilitate, Destigmatize, and Encourage Help-Seeking Behaviors.
• Build Relationships with Lawyer Well-Being Experts, including Lawyer Assistance Programs.
• Foster Collegiality and Respectful Engagement throughout the Profession.
  • Promote Diversity & Inclusion.
  • Create Meaningful Mentoring and Sponsorship Programs.
• Enhance Lawyers’ Sense of Control.
• Provide High-Quality Educational Programs and Materials About Lawyer Well-Being.
• Guide and Support the Transition of Older Lawyers.
• De-emphasize Alcohol at Social Events.
• Support Recovery from Mental Health and Substance Use Disorders.
• Begin a Dialogue About Suicide Prevention.

Resources

Lawyers Concerned for Lawyers offers CLE and other educational programs, coaching, consulting, and direct assistance regarding any issue that causes stress or distress: www.mnlcl.org

The Path to Lawyer Well-Being: Practical Recommendations for Positive Change: http://ambar.org/lawyerwellbeingreport

Well-Being Toolkit: http://ambar.org/wellbeingtoolkit

ABA Presidential Well-Being Working Group including the Well-Being Employer Pledge: https://ambar.org/lawyerwellbeing