THE PATH TO LAWYER WELL-BEING:
PRACTICAL RECOMMENDATIONS FOR POSITIVE CHANGE

A task force comprised of 16 leaders from the NOBC, the Association of Professional Responsibility Lawyers, ABA CoLaP, and a half-dozen other organizations, wrote a report with 44 specific recommendations to improve well-being throughout the practice. This report was released August 14, 2017, and contains central themes that unite the 44 recommendations which include eliminating the stigma associated with seeking help and the duty of all lawyers to reduce the toxicity in the profession.

LAW STUDENT SURVEY - MENTAL HEALTH

- Severe anxiety: 23%
- Mild to moderate anxiety: 14%
- Depression: 17%
- Suicidal thoughts in last year: 6%

LAW STUDENT SURVEY - ALCOHOL

One-quarter at risk for alcoholism.

- Got drunk prior 30 days: 53%
- Binge drank at least once prior 2 weeks: 43%
- Binge drank at least twice: 22%

2015 ABA LAWYER STUDY

Those at-risk for problematic drinking: hazardous, possible dependence

- General U.S. population: 6.4%
- All attorneys: 21%
- Attorneys under 30 years old: 32%

LAWYER STUDY - MENTAL HEALTH

- Suicidal thoughts during career: 11.5%
- Depression: 28%
- Severe anxiety: 19%

Depression