

About LawCare

Lawcare supports and promotes mental health and wellbeing throughout the legal community. Our support spans the legal life span from law school to pupillage to life at the Bar and we also support clerks and administration staff in chambers and families of those working in the law. We cover all the jurisdictions in the UK and the Republic of Ireland and we support all branches of the legal profession.

We are to help people in the legal community cope with the pressures they may face in managing a career in the law, which can sometimes have a negative impact on work and family life. There are probably very few lawyers who have not had some experience of what it can be like when you or a colleague feels that work is getting on top of you.

Lawyers often feel that they are expected to cope with the demands of their roles and can find it difficult to talk openly about feeling stressed or anxious. They may be worried that colleagues will perceive them as 'weak' or not up to the job. They may though find it easier to talk about it with another lawyer which is where LawCare comes in. Our staff and volunteers have experience of practicing law.

Our key service is a telephone helpline, which provides a listening ear 365 days a year. Those taking calls on the helpline have first hand experience of the demands faced by legal professionals today. Our free helpline is impartial, completely confidential and independent of the UK's legal institutions.

The helpline offers the chance to talk your problem through, it really does help to get things off our chest, and just communicating with someone who listens and understands can clarify the way forward. And even if a solution doesn't immediately present itself, talking about it can be very cathartic.

The helpline provides reassurance; we've been listening to lawyers for nearly twenty years, so it's very likely that we've helped someone in a similar situation to you. We can also offer extra support and put callers in touch with a LawCare supporter. These are fellow lawyers who have experienced and overcome a similar difficulty to the one you may be facing.

You can also call us if you are worried about a colleague, you may have noticed someone in chambers who is struggling but you are not sure how to reach out to them, we can offer some guidance.

Although our helpline is our key service, it's not all we do. We provide a range of information and useful resources for download on our website. We are also working hard to raise awareness – our vision is a legal community that values and supports mental health and wellbeing. We recently launched the legal professions wellbeing task force, which brings key legal membership, regulatory and educational organisations together (including the Bar Council and Bar Standards Board) to look at what opportunities there

are for joint working to encourage greater support across the legal community. There is growing interest and activity, the Bar Council have led the way with their wellbeing at the Bar initiative and we want to encourage the rest of the legal community to do the same. The more our community openly engages with mental health and wellbeing the easier it will be for those in need of support to seek it.

Helpline 0800 279 6888 (Mon to Fri 0900-1930, Weekends and bank holidays 1000-1600)

www.lawcare.org.uk