



**President: The Rt. Hon. Lord
Judge, Lord Chief Justice of
England and Wales**

LawCare is a registered charity that provides a free and completely confidential advisory service to help lawyers, their immediate families and their staff to deal with the health issues and related emotional difficulties that can result from a career in the law. LawCare is funded by, but completely independent of, the professional and representative bodies of the legal professions

LawCare offers you the opportunity to discuss problems that are interfering with, or have the potential to interfere with, your work performance and/or your family life and to seek help in resolving those problems. Through LawCare, help is available to those who are suffering from stress, depression, alcohol or drug addictions or eating disorders.

Are you suffering from Stress?

Symptoms may include:

- Reluctance to take time off work
- Bouts of irritation, anger and resentment
- Extreme exhaustion
- Physical illness - sometimes with a tendency to smoke or drink too much
- Too little time for family

Are you suffering from Depression?

Symptoms may include:

- Diminished interest or pleasure in activities
- Sleep disturbances Fatigue or loss of energy
- Indecisiveness and inability to concentrate
- Recurrent thoughts of death or suicide

Do you have an Alcohol problem?

Symptoms may include:

- Problems with relationships or work
- Preoccupation with alcohol, including feelings of guilt
- Attempts (usually short-lived or unsuccessful) to control drinking
- Mood swings
- Shaking and/or blackouts after heavy drinking.

LawCare Helplines

For Solicitors, Law Students, Legal Executives and Paralegals in England and Wales: **0800 279 6888**

For Solicitors and Law Students in Scotland, Northern Ireland and the Isle of Man: **0800 279 6869**

For Solicitors in the Republic of Ireland: **1800 991801**

For Barristers in the Republic of Ireland: **1800 303145**

For Barristers, Clerks, Judges in England, Wales and NI, Advocates in Scotland: **0800 018 4299**

Lines are open from 9.00 a.m. to 7.30 p.m. on weekdays, 10.00 a.m. to 4.00 p.m. weekends and bank holidays.

Email: help@lawcare.org.uk . www.lawcare.org.uk

For all administrative enquiries: **0131 337 6678**

Your Questions Answered

How much does the LawCare service cost?

The service is totally free, although any subsequent professional counselling or treatment will normally have to be paid for, though we will help source funding if we can.

Is it really completely confidential?

Yes, you need not give your name when you call, and LawCare is specifically exempted from the rule requiring malpractice to be reported.

Is the helpline staffed by volunteers?

No, the helpline is manned by a paid staff of former lawyers who have training in telephone counselling.

What happens when I call?

We will discuss your issue with you, and help you work through it and consider the options open to you in dealing with it. Where necessary we will refer you to other help such as your GP a professional counsellor, an inpatient treatment centre or a LawCare volunteer.

What else does LawCare offer?

Our Wellbeing Portal is an online tool to help you assess and address the stress in your life. We also offer free (except for expenses) CPD accredited presentations and seminars on subjects such as Stress Recognition, Time Management, Vicarious Trauma and Effective Email. Contact Trish McLellan on 0131 337 6678

LawCare Ltd.

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