



LAW SOCIETY
Newfoundland & Labrador

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FREE CLE WEBCAST

Lawyer Wellness and Mental Health

Date: Tuesday, September 29, 2020

Time: 12:00 pm – 1:00 pm

Seminar Overview:

For most, legal practice means long days, tight deadlines and extreme pressure to perform. In 2016, a sweeping U.S. study reported that lawyers and law students disproportionately suffer from substance abuse, anxiety, depression and stress. A 2019 Quebec study found that lawyers are at greater risk of burnout and stress-related problems than other professionals and a nation-wide study is currently in development.

In light of the foregoing, lawyer wellness must be an essential consideration for all stakeholders in the legal community, including practising lawyers, employers, professional associations, and law societies. This presentation examines some of the issues and trends identified and provides suggestions for addressing issues related to mental health and wellness in your day to day practice.

Seminar Presenter:

Don Anthony, Q.C. – Department of Justice and Public Safety

Don Anthony, QC is not a mental health professional. He is a lawyer trying to make it through the day, who happens to have a significant concern for the mental health and well-being of legal practitioners in the province. Don has practiced law for the last 20 years in private, public, corporate, criminal and regulatory realms as a prosecutor, inquiry counsel, in-house counsel, defence counsel, plaintiff's counsel and adjudicator. He has developed and continues to teach law courses at the undergraduate and graduate levels. He has chaired both the Maritime and Environmental Law Sections for CBA-NL. He was a Bencher of the Law Society of Newfoundland and Labrador from 2011-20 and served as President from 2018-19. Outside of practice, he has filled Executive roles with the Newfoundland and Labrador Pharmacy Board and the Oceans Learning Partnership and sits/has sat on numerous boards and councils in varying capacities.

Registration Fee: Free

PLEASE NOTE: THE REGISTRATION PROCESS IS ONLINE ONLY. TO REGISTER FOR THIS SEMINAR, PLEASE CLICK THE FOLLOWING LINK:

https://zoom.us/webinar/register/WN_tWQfZ_6NSH6gneK_WY5Tig

CLE Credit: 1 hour