

**How are you,  
really?**

# How are you, really?

Life in the law can be challenging and sometimes things can get on top of you.

## Can we help?

LawCare is the charity that promotes and supports good mental health and wellbeing across the legal community in the UK and Ireland.

We've been supporting lawyers for 20 years. No-one knows lawyers like we do.

Our confidential helpline is a safe place to talk without judgement. We're here to help 365 days a year through our helpline, answered by trained staff and volunteers who have first-hand experience of working in the law.

Whether you're a barrister feeling burnt out, a young trainee experiencing sexual harassment, a student struggling with the workload, an experienced lawyer worrying about a mistake you've made, or a partner feeling pushed out - we're here to listen.

As well as our helpline, we offer one-to-one peer support, information, resources and factsheets at [www.lawcare.org.uk](http://www.lawcare.org.uk) or [www.lawcare.ie](http://www.lawcare.ie).

We are here to help all branches of the legal profession: solicitors, barristers, barrister's clerks, judges, legal executives, paralegals, trade mark attorneys, patent agents, costs lawyers, and their staff and families.

Our support spans the legal life from student to training to practice and retirement.



**CALL 0800 279 6888**

from the UK

**or 1800 991 801**

from Ireland

365 days a year

**Weekdays**

9am – 7.30pm

**Weekends and Bank Holidays**

10am – 4pm

**We're waiting for your call**

# LawCare

*Supporting the Legal Community*

**0800 279 6888**

**[www.lawcare.org.uk](http://www.lawcare.org.uk)**

**1800 991 801**

**[www.lawcare.ie](http://www.lawcare.ie)**



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