

# **National Trends in Lawyer Well-Being**

**September 12, 2018**

**Colorado Task Force on  
Lawyer Well-Being**

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Regulation  
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## MENTAL HEALTH

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28%

depression

19%

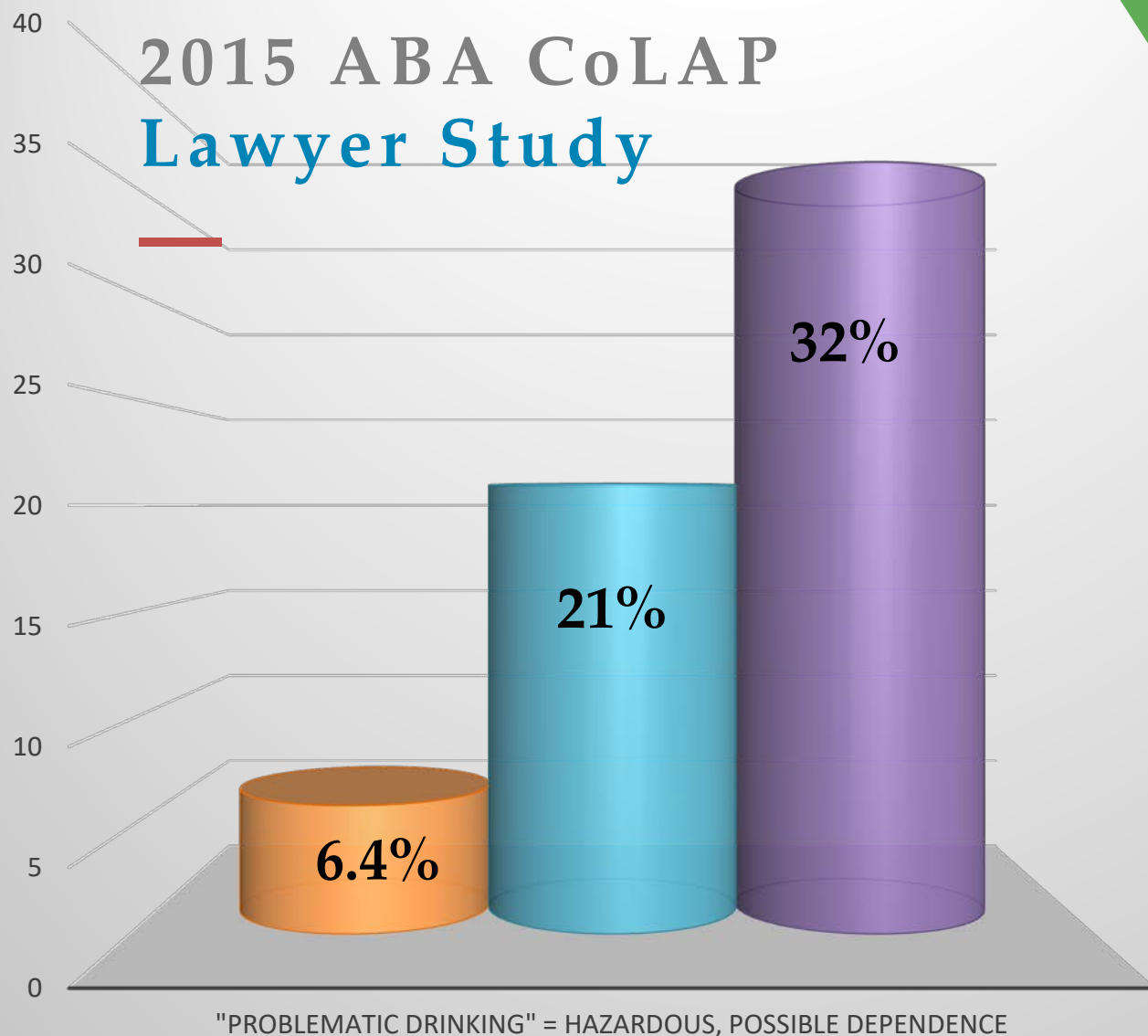
severe anxiety

11.5%

suicidal thoughts  
throughout career



# Hazelden Study Findings: Lawyers



General U.S. Population All Attorneys Attorneys under 30 years old



## MENTAL HEALTH

<b>17%</b>	depression
<b>14%</b>	severe anxiety
<b>23%</b>	mild/moderate anxiety
<b>6%</b>	suicidal thoughts in last year

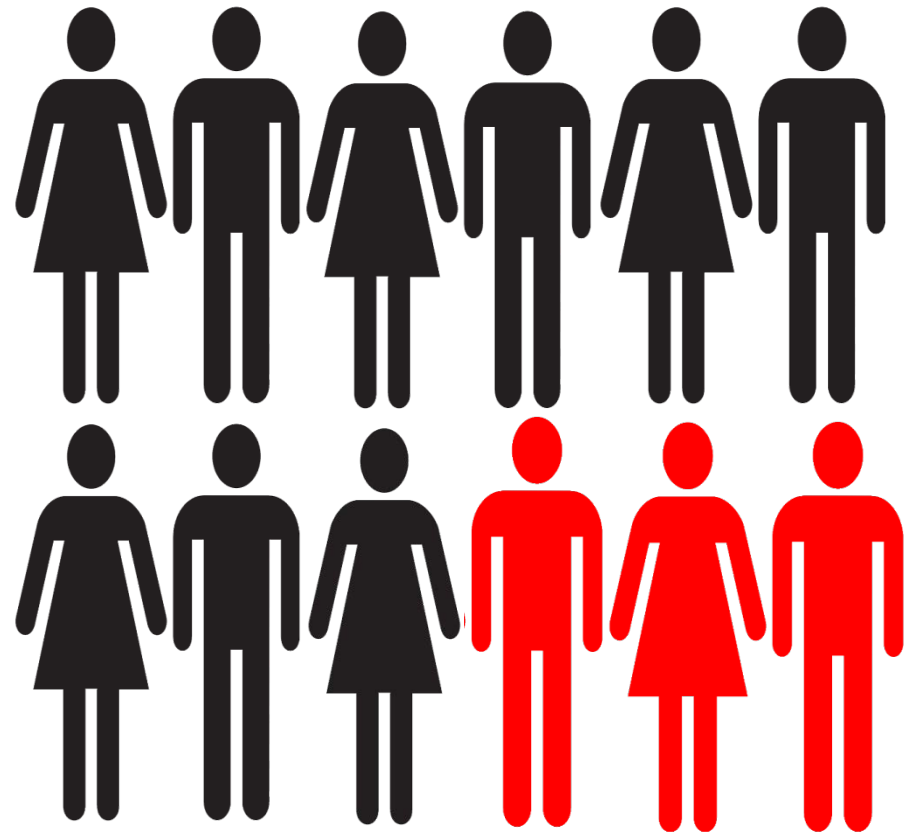
## ALCOHOL USE RATES

	Law students	Other grad students
Got drunk in past 30 days	53%	39%
Binge drank at least once in prior 2 weeks	43%	36%
Binge drank at least twice in prior 2 weeks	22%	21%





## ONE QUARTER AT-RISK FOR ALCOHOLISM



- **November 2017**
- **886 respondents**
- **24.2% reported anxiety**
- **25% reported depression**  
The CDC reports 7.7% of people ages 20-39 suffer depression
- **20.5% at heightened suicide risk**
- **66% reported new mental health challenges in law school**
- **Survey conducted by law school student government. Survey prepared by Harvard's University Health Services and the Student Mental Health Association.**

Source: A. Chan, A. Lee, A. Savitt, *Wellness at the Law School: Promises to Keep and Miles to Go Before We Sleep*, HARV. CRIMSON, Mar. 28, 2018; J. Halper, *Law Student Leadership Plans Mental Health Initiatives*, HARV. CRIMSON, Oct. 19, 2017.



**Evidence of pervasive suffering  
calls for decisive action now.**

**Amanda Chan, Amanda Lee, Adam Savitt, *Wellness at the Law School: Promises to Keep and Miles to Go Before We Sleep*, HARV. CRIMSON, Mar. 28, 2018.**

- **296 students (out of 650 total)**
- **70% experienced mental health issues in law school**
- **81% said being open with faculty could lead to stigma**
- **81% did not understand bar admission requirements re: mental health conditions**
- **Survey conducted by Yale Law School Mental Health Alliance**

# THE PATH TO LAWYER WELL-BEING:

Practical Recommendations  
For Positive Change

[ THE REPORT OF THE  
NATIONAL TASK FORCE ON  
LAWYER WELL-BEING ]