

# Delivering large scale mental health and wellbeing training to law graduates:

What have we learned and what opportunities lie ahead?

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**Michael Appleby**

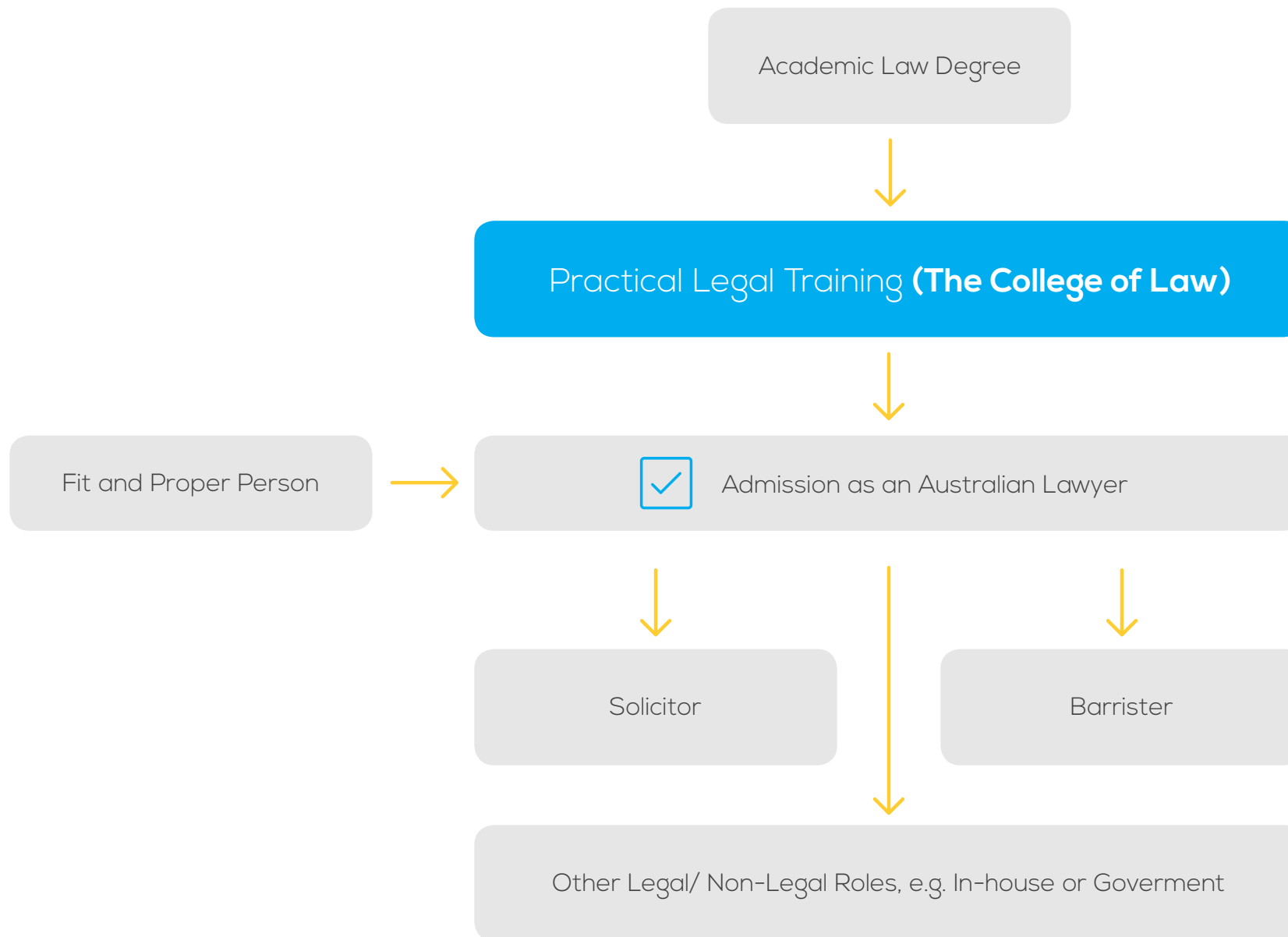
Lecturer, The College of Law

**Judy Bourke**

Senior Lecturer, The College of law



# Career Pathway

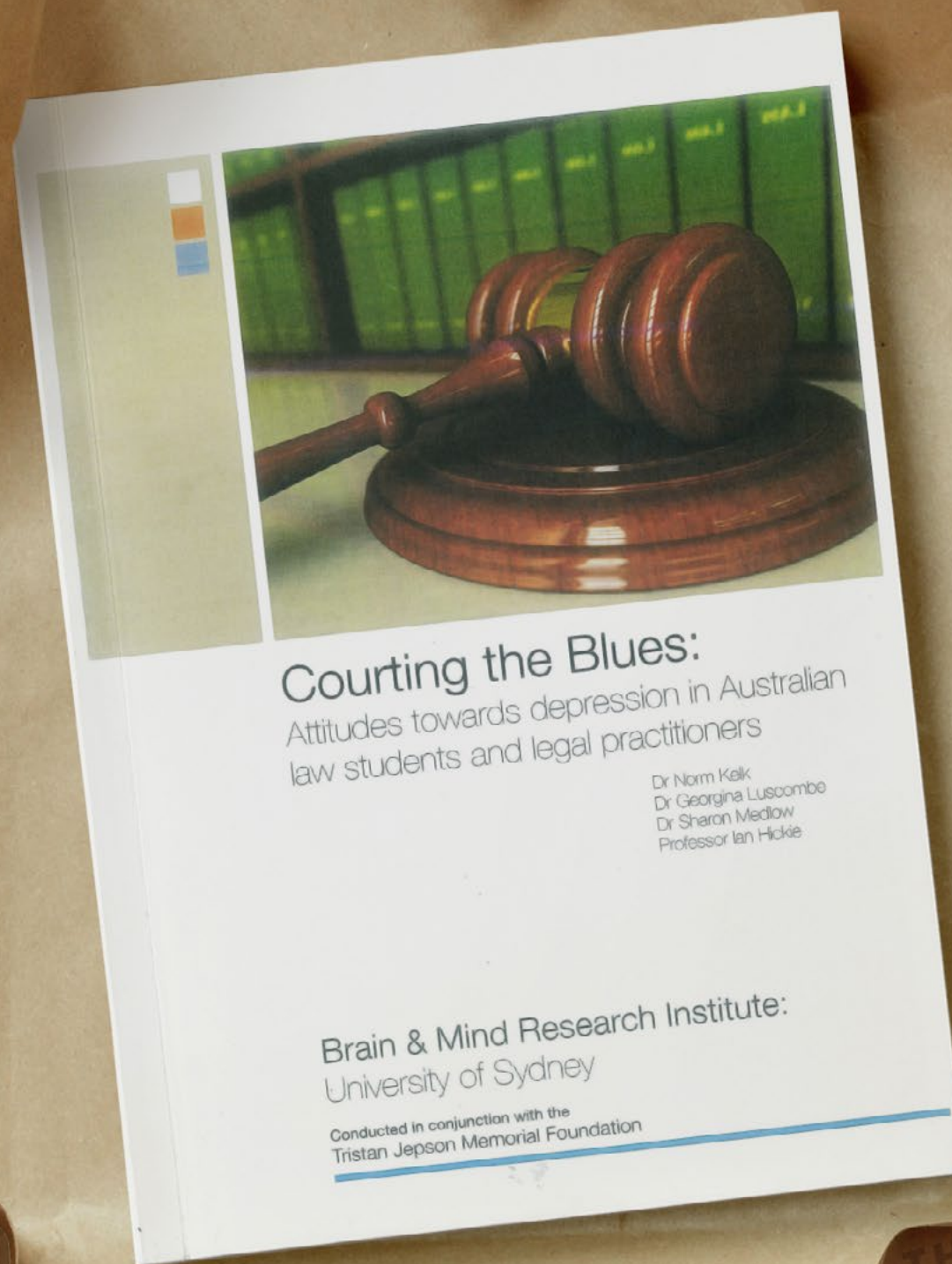









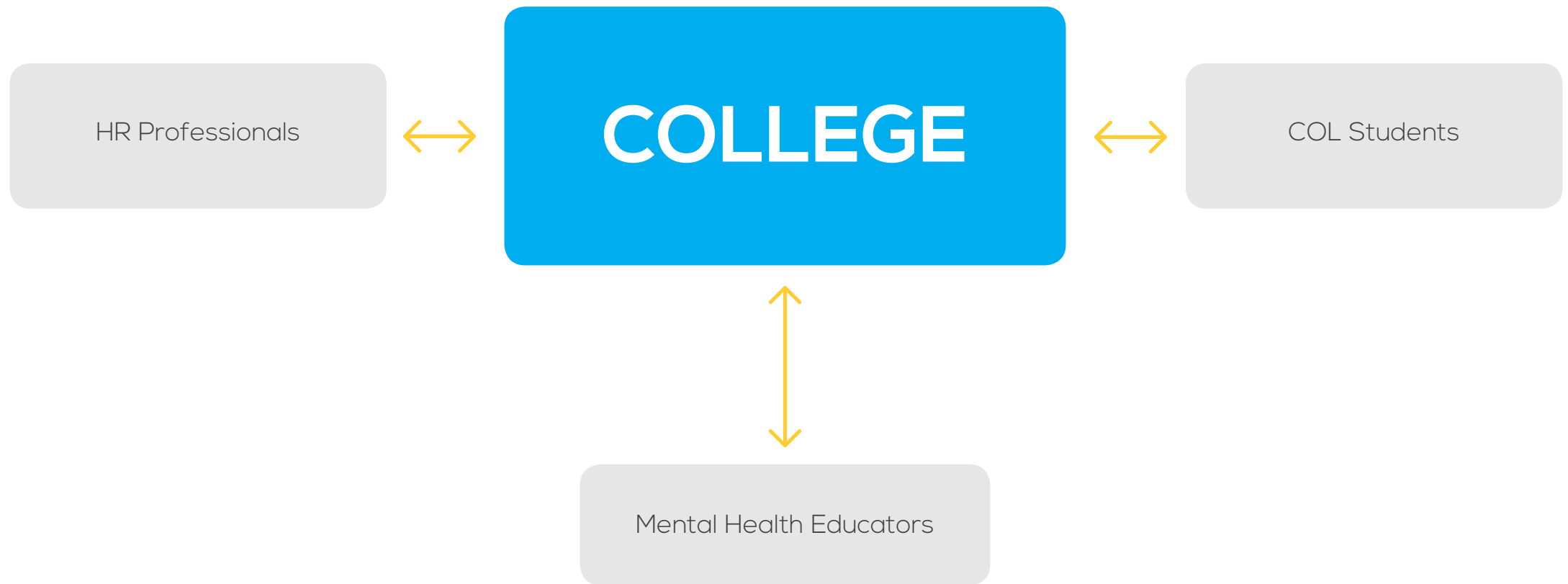






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- NSW Bar Association
  - Brain and Mind Institute
  - Tristan Jepson Foundation
  - Law Society of NSW
  - Lawcover
  - Lawcare
  - Psychiatrist
  - Beyond Blue
  - Psychologist
  - University of Sydney Law School
  - University of New South Wales Law School
  - Young Lawyers

# Cross Disciplinary Collaboration







# Yes We Can!



THE COLLEGE  
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Wellness for Law Forum, UK 2017



# Student Response





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## Articles

An Examination of the Challenges, Successes and Setbacks for  
Clinical Legal Education in Eastern Europe  
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The Value of Incidental Learning in a Multidisciplinary Setting  
Ross Hyams and Denise Sadique

Promoting Law Student Mental Health Literacy and Wellbeing:  
A Case Study from The College of Law, Australia  
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Deborah Burand, Susan R. Jones, Jonathan Ng and Alicia E.  
Pierhopes

Regulating Clinic: Do UK Clinics Need to Become Alternative  
Business Structures Under the Legal Services Act 2007?  
Elaine Campbell



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National Wellness for Law Forum 2017

## RESEARCH IN AUSTRALIA AND THE US HAS SHOWN;

- Lawyers suffer higher levels of psychological distress and the symptoms of common mental illnesses
  - than the general population
  - than other professionals studied
- Private practice lawyers suffer higher levels of psychological distress and the symptoms of common mental illnesses than other lawyers
- New practitioners
  - experience the symptoms of anxiety, stress and depression at higher levels than those of their more experienced peers
  - in their first 10 years of practice have a high risk of developing an alcohol use disorder
- Lawyers are at risk of hazardous and harmful levels of alcohol use



**The only thing  
that is constant  
is change.**

*- Heraclitus -*





# Building Skills & Techniques







# Impact of Workplace Behaviours





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- **Utilising Online Learning**
  - **Lawyer Education**
  - **Cordinating Mental Health Promotion**



- The End -