

THE LOWDOWN ON MENTAL HEALTH

Mental health is a serious issue in the legal profession. Here are some eye-opening statistics everyone needs to know.



1 in 3

lawyers have problematic alcohol consumption



96%

10% of students enter law school with a diagnosed mental health issue - 40% leave with one

of law students experienced significant stress - much higher than the average of 43%



The **majority** of GP appointments made by lawyers are mental health presentations



50-80% of people suffering from a mental health issue also have sleep related issues - much higher than the 10-18% average in the general population

**IF YOU HAVE CONCERNS
ASK FOR HELP**



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