Support

We have provided emotional support to 667 people.

We've spent 336 hours providing support on the phone, answering a call every 90 minutes.

Calls lasted an average of 24 minutes. The longest was 99 minutes.

Of those who gave their age:

- 21-30: 37%
- 31-45: 28%
- 46-60: 28%
- 61+: 6%

People contacted us about a variety of issues including:

- Stress: 33%
- Anxiety: 13%
- Depression: 10%
- Bullying: 8%
We asked people who contacted us three questions

How did you feel before you contacted LawCare? 2/10
How did you feel immediately after? 6/10
How did you feel three months later? 8/10

98.5% would recommend LawCare to others

Prevention and education

We spoke at 77 events
We gave 87 training presentations online
We featured in 102 items of media coverage
Our podcast The Legal Mind was listened to by 2,533 people
Our website traffic has increased by 18% with over 73,000 people visiting our site last year

10,905 people engaged with our Fit for Law online learning resource
249 enrolling on the course
7,000 reaching over people
Research and Engagement

Our ground-breaking Life in the Law research into the mental wellbeing of the legal community was released in September.

1713 participants answered our survey across a range of jurisdictions/professions. 73% were women, 26% men.

60% of those who took part were solicitors. 389 people attended the launch event or were sent the recording.

The research found that 69% of legal professionals experienced mental ill-health in the 12 months preceding the survey, but only half of them had talked about it at work.

Legal professionals surveyed were at high risk of burnout, associated with having a high workload, working long hours, and a psychologically unsafe working environment.

1 in 5 legal professionals surveyed have been bullied, harassed, or discriminated against.

Things that could make a difference:
- Provide management training
- Regular catch-ups
- Work towards a psychologically safe and supportive workplace.

The culture and practice of law needs to change. Improving mental wellbeing is all of our responsibility, we’re committed to work together with the legal community to make this happen.

Engagement

83 key stakeholders attended 8 round table meetings to discuss the research findings including:
- Our funders
- Legal regulators
- Legal vocational educators
- Our champions and volunteers
- Representatives from special interest groups

We responded to four formal consultations from a mental wellbeing perspective for:
- The Bar Tribunals and Adjudication Service
- Costs Lawyer Standards Board
- Legal Standards Board
- Solicitors’ Regulation Authority.
Thank you to our funders and supporters who donated a total of £410,633.59

We were hugely grateful to QC Appointments for donating £25,000 to us at the start of the year.

The Conveyancing Foundation donated £9,000 through their Be Kind We Care initiative.

The Solicitors’ Charity donated £20,000 for our Life in the Law report.

The London Legal Walk raised a fantastic £8,525.50 for LawCare and The London Legal Support Trust.

We received a fantastic £14,263.65 as the charity of the British Legal Awards.

Travelers kindly sponsored our workplace hub on our website.

We were delighted to be the charity at the Law Society Sevens event raising over £1,200.

Our Big Give Christmas Challenge 2021 raised a grand total of £14,572.75.

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What did we spend the money on?

It costs £550 per day to run our support service.

It costs £750 to train a LawCare volunteer.

It costs £50 to fund one counselling session.

We spent 85p in every pound on providing support, prevention and education.