

2 February 2017

Conversations about Mental Health Change Lives

Thursday 2 February is Time to Talk Day, which is run by Time to Change, and is a day put aside to give us all the chance to talk and listen about mental health. This year's theme, 'Conversations Change Lives', is about being open about mental health and being ready to listen, because it can make a such positive difference to someone's life.

Time to Talk Day, and its theme, provides LawCare with the perfect vehicle to raise awareness of its work providing support and promoting good mental health and wellbeing in the legal community.

"One of the ways we can support those in the legal community, and help to break down the stigma around talking about mental health in the workplace, is to be aware of the main issues affecting people in the law," explains LawCare CEO, Elizabeth Rimmer.

"The most common reason for calls to the LawCare helpline is stress, at 38 percent of calls in 2016. There are plenty of positive strategies to help people to manage stress, and at LawCare we encourage people to talk about how they are feeling and not to stay silent.

"Legal professionals can feel it's a sign of weakness to admit they are feeling the pressures of work, but talking goes a long way towards addressing issues and can make a real difference."

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Note to editors:

LawCare is the charity that promotes and supports good mental health and wellbeing across the legal community in the UK and Ireland. As well as the free and confidential, 365-day-a-year Helpline, 0800 279 688, LawCare provides a wealth of information, resources and factsheets on its website. Visit www.lawcare.org.uk