

# TOWARDS A HEALTHY AND SUSTAINABLE PRACTICE OF LAW IN CANADA: PHASE II

## Did you know that...?

- **More than one out of two** Canadian **legal professionals** experiences **psychological distress**.
- More than **a quarter of legal professionals** regularly consider **leaving the profession**.
- **Almost half of legal professionals** who have experienced **psychological health issues have not sought help** even though they **felt the need**.

Following data collection from over **7,000 legal professionals** across Canada, in partnership with key actors in the Canadian legal community, we want to meet **YOU!**

## Wellness in law: be a part of the solution!

- We are looking for practitioners who represent the diversity of the legal profession in Canada across all provinces and territories.
- All legal professionals are welcome! Whether you are a lawyer, a Quebec notary, an Ontario paralegal, an articling student, in the private or public sector, early or late in your career, are a member of equity-seeking communities: share your thoughts with our research team!
- Under the direction of Prof. Nathalie Cadieux, our research team is seeking participants for confidential interviews to share their personal thoughts and experiences on a healthy and sustainable practice of law in Canada. Results from these interviews will be kept anonymous.

If you have thoughts or solutions to share on this topic: contact us for a **confidential** 60 to 90 minute interview via the Teams virtual platform.

## Three ways to participate

1

Scan the QR Code:



2

Click on the following link:

**[WellnessInlaw](#)**

3

Contact us directly:

**[wellnessinlaw.eg@usherbrooke.ca](mailto:wellnessinlaw.eg@usherbrooke.ca)**

This initiative is part of a national study on the wellness of legal professionals in Canada, carried out by the Université de Sherbrooke at the request of the Federation of Law Societies of Canada in partnership with Canada's law societies and the Canadian Bar Association.