

## Year of Mental Health Begins with Powerful Message of Support

JANUARY 18, 2019

The firm was pleased to welcome sought-after speaker [Brian Cuban](#) to kick off our Year of Mental Health, the theme for Winston Wellness initiatives in 2019. The program was presented live in Dallas, with teleconference to the other U.S. offices and a recording provided to the Asia and Europe offices.

A leading advocate for attorney mental health, Brian draws on his self-deprecating sense of humor to provide an unflinching look at mental illness and recovery. He recounted his own story of being bullied as a child in the 1970s, and his quest for self-love that fueled his development of an eating disorder and alcohol and drug addiction as a student and young lawyer in the '80s and '90s.

Brian emphasized that today's interventions and relative openness about mental illness were not available during many of the years he was cycling through exhilaration, shame, depression, and paranoia. At his lowest point in 2007, standing in the parking lot of a treatment center with his girlfriend (and future wife), Brian decided to embrace the gifts of life and family.

In recovery through a 12-step program and counseling, Brian has finally found self-fulfillment by educating others about mental illness and helping those struggling with addiction. "Change hinges on NOT minding our own business," he said. Showing empathy to someone who is struggling can be the catalyst they need to get help. Brian recounts his full story in his best-selling book, *The Addicted Lawyer: Tales of The Bar, Booze, Blow & Redemption*.



Director of Human Resources [Julie Marcus](#) and Director of Coaching [Diane Costigan](#) welcomed the 350+ firm members, alumni, and clients in attendance at this program and encouraged them to look out for each other.

Winston's goals for Year of Mental Health are to cultivate a culture of caring at the firm and provide its members with strategies to enhance their own mental health and that of their loved ones and colleagues.

1 Min Read

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