

Winston & Strawn Highlights Online Resources for World Mental Health Day 2020

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October 10 is World Mental Health Day, an opportunity to reassess our own mental health needs and check in with friends and family. This year, acknowledging our psychological wellbeing is particularly important as we struggle with increased challenges caused by COVID-19 and physical distancing, as well as daily political and social unrest.

Lawyers also have their own specific set of stressors. According to ALM's most recent Mental Health and Substance Abuse Survey, 31.2% of the more than 3,800 respondents feel that they are depressed, 64% feel they have anxiety, 10.1% feel they have an alcohol problem, and 2.8% feel they have a drug problem.

Winston takes the mental health needs of our lawyers and staff seriously. For years, we have been assembling an infrastructure of mental health aids that are accessible to our employees and their dependents anywhere at any time.

Internal Resources

A sampling of our internal mental health resources includes:

- An **Employee Assistance Program** that provides confidential, 24/7 access to mental health counselors via phone or online.
- Access to 48 Winston staff members who are certified in **Mental Health First Aid** and qualified to help someone experiencing a mental health or substance-related crisis.
- A free premium subscription to the **Calm App** with access to hundreds of guided meditations including their Emotions Series.
- **Health coaching** with the Director of Coaching and Well-Being Diane Costigan.

External Programs

On October 20, Winston hosted "Let's Talk About Mental Health" panel with Fringe Professional Development. The conversation focused on how to navigate difficult conversations at work with empathy, curiosity, and growth in mind.

1 Min Read

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Diane Costigan

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