

# Creating a Mentally Healthy Workplace Culture in Law Firms

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The professionals working inside law firms are among the world's smartest and most talented problem solvers. So if they are struggling with many stress-related illnesses, including burnout, insomnia, clinical depression, gambling addiction, and substance abuse, shouldn't we listen? What are firms doing to support their employees who face these issues?

More than 3,200 law firm attorneys and staff took the just released ALM 2021 Mental Health and Substance Abuse Survey where a greater proportion of respondents reported mental health issues across the board in 2020 than in the survey in 2019. That's not surprising given the isolation and stress related to the pandemic.

This webinar will explore the ALM survey results and offer ideas and solutions for firms on how to create and promote an emotionally and mentally healthy workplace in a post-COVID-19 world. Panelists will look at how the COVID-19 crisis has provided an opportunity for firms to rethink and rebuild mental health strategies with a view to a more integrated and inclusive focus. They will also discuss how to develop effective strategies to create a more mentally healthy workplace for employees working both on-site and remotely. Attendees will also learn how to manage their own mental health and wellness from a licensed therapist.

Panelists include:

- Diane Costigan, Director of Coaching and Well-Being at Winston & Strawn
- Gina Passarella, Editor-in-Chief, Global Legal Brands at ALM Media, LLC
- Kerrie Mohr, Founder, Director at A Good Place Therapy & Consulting
- Stefanie Marrone, Stefanie Marrone Consulting (moderator)

1 Min Read

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Diane Costigan