



**ARTICLES & RESOURCES DISCUSSED IN THE FUTURE OF RESOLUTION PODCAST:
[“Exploring Attorney Well-Being & Mental Health”](#)**

Suicide Prevention hotline: (800) 273-8255

State Bar of Georgia Lawyer Assistance hotline: 800-327-9631

Georgia Lawyers Living Well

The Well-Being Toolkit for Lawyers and Legal Employers is at ABAJournal.com/toolkit

Stacey Dougan, JD, LLM, MS, APC, NCC – Therapist / Lawyer / Consultant

Minds Over Matters: An Examination of Mental Health in the Legal Profession

RESOURCES:

ABA: Mental Well-Being of Lawyers Must be a Priority

ABA: Working Group to Advance Well-Being in the Legal Profession

[A Call to Action: The Path to Lawyer Well-Being](#)

Five Simple Steps to Reduce Stigma About Mental Illness

Lawyer Well-Being: Creating A Movement To Improve the Legal Profession

Lawyer Well-Being is Focus of ABA Proposal

New ABA Book Explores Concept of Emotional Intelligence to Improve Lawyer Performance, Well-Being

NYSBA: Attorney Wellness

Ten Ways to Improve Mental Health at Work (Yours and Other People's)

The Real Reasons for Big Law's Mental Health Problem

The Science of Well-Being and the Legal Profession

The Time to Help Lawyers with Mental Health Services is Now, New Report Say

Voices of Recovery (podcast)

[What Can the Law Profession Do to Prevent Mental Health Issues?](#)

[What is work-life balance?](#)



What Makes Lawyers Happy? A Data-Driven Prescription to Redefine Professional Success

Lawyers With Lowest Pay Report More Happiness

The Lawyer, the Addict

Stressed-Out Lawyers In First 10 Years Of Practice More Likely To Have Mental-Health And Wellness Issues

Widow's Story Highlights Fight Against Stigma of Mental Health Treatment Among Lawyers

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” –Viktor E. Frankl