



**“Association of Legal Administrators Leaders Discuss the Importance of Mental Health Initiatives,” *Today’s Managing Partner***

In an article published on August 8, 2025, by *Today’s Managing Partner*, ALA President Travis Armstrong and ALA Executive Director Eryn Carter discuss the critical need for mental health initiatives in the legal industry and the challenges that often go overlooked in legal culture. The article details how client demands, high-stakes environments and traditional law firm culture have contributed to mental health issues, with Armstrong noting that “baby boomers and Gen X are probably less likely to ask for help,” while “millennials and Gen Z are more comfortable talking about mental health.” The leaders highlight ALA’s Mental Health First Aid training program, which Carter describes as offering “very practical, hands-on education” to help legal administrators recognize and respond to mental health challenges. Armstrong emphasizes that “you don’t have to fully understand how to treat the illness. It’s more about knowing what resources are available, how to talk to someone who might be dealing with the situation and, most importantly, how to listen to them.” The article also discusses ALA’s collaboration with the Tennessee Supreme Court to expand access to the Tennessee Lawyers Assistance Program and the organization’s broader strategy to make mental health a sustained priority across the legal industry.

For the full article, you may [click here](#).