



"Five Strategies to Make Mental Well-Being Your Firm's Priority," *Business Law Today*

In an article published on February 20, 2025, by *Business Law Today*, ALA author Eryn Carter addresses the critical mental health challenges facing the legal industry. The piece reveals alarming statistics: lawyers are twice as likely as the average adult to contemplate suicide, with high-stress attorneys being 22 times more prone to such thoughts. Carter outlines five key strategies for law firms to prioritize mental well-being, including reassessing billable hour requirements, embracing diversity and inclusion, utilizing comprehensive employee benefits, exploring efficiency-enhancing technologies, and engaging the legal community in mental health support.

The article highlights the importance of creating a workplace culture that supports employee mental health, noting that reduced pressure can lead to better-quality work, happier employees and increased client satisfaction. Carter emphasizes that addressing mental health is not just a moral imperative but also a strategic business decision.

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