

# FAQs FOR LIFE IN THE LAW

[lifeinthelaw.org.uk](http://lifeinthelaw.org.uk)



## What is LawCare?

LawCare is an independent charity offering emotional support, information and training to the legal community in the UK and Ireland. We work to promote good mental health and wellbeing in legal workplaces and drive change in education, training and practice.



## Who is on LawCare's research committee?

In 2019 LawCare set up a committee to work on a research study on its behalf. The research committee is made up of Kayleigh Leonie (LawCare trustee and solicitor), Dr Emma Jones (University of Sheffield), Professor Richard Collier (University of Newcastle), Caroline Strevens (Reader in Legal Education, University of Portsmouth), Lucinda Soon (Solicitor and PhD researcher), Nick Bloy (Executive Coach and founder of Wellbeing Republic) and representatives from LawCare's staff team.

## What is the aim of the Life in the Law research study?

Mental health and wellbeing in the legal community has become a growing concern internationally in recent years. We know that a number of professional bodies have been running their own surveys focussing on wellbeing and mental health; however, we want to evaluate wellbeing across the whole profession.

The aim of this research is to explore the impact of work culture and working practices on the wellbeing of legal professionals in the United Kingdom, Republic of Ireland, Channel Islands and Isle of Man. To do this the study will use an online questionnaire to ask about an individual's current workload and the requirements of their role (including any management responsibilities they may have); their working environment (for example, how much autonomy they have and how supported they feel); what well-being support is offered by their workplace (if applicable); and what self-care practices (such as a hobby or exercise) they use. The questionnaire also uses three academic research scales for burn-out, psychological safety and autonomy.

The results of this questionnaire will form the basis of an academic paper and will be used to improve the support available to legal professionals by enhancing our understanding of the issues that affect mental health and wellbeing. The data will help us drive long lasting cultural change in legal workplaces to benefit both the present and future generations of lawyers.

## Who will be able to participate in the Life in the Law research study?

The online questionnaire will be open to all current members of the legal profession and support staff to the legal profession in the United Kingdom, Republic of Ireland, Channel Islands and Isle of Man. The aim is to include participants who represent a range of interests within the legal profession, including members of the judiciary, solicitors, barristers, patent attorneys, trade mark attorneys, chartered legal executives, legal apprentices, trainees, pupils paralegals, legal secretaries, business support staff and others, both employed and self-employed.

We are therefore writing to all professional bodies in England, Wales, Scotland, Northern Ireland, the Republic of Ireland, the Isle of Man and the Channel Islands to ask for their support in promoting the survey to their membership.



## What is the timeline for the research study?

The questionnaire will launch on 6th October ahead of World Mental Health Day on Saturday 10 October 2020. The questionnaire will remain open for completion until 31 December 2020 and LawCare hopes to be in a position to share the results by Mental Health Awareness Week 2021.

## How can your professional body support the Life in the Law research study?

LawCare would be very grateful if your professional body could send the link to the questionnaire to your members once it goes live on 6th October 2020. The link is [lifeinthelaw.org.uk](https://lifeinthelaw.org.uk). We have included graphics for social media posts so that you can advertise the survey to your members online.

LawCare hopes the data from the research study will be useful for your professional body and will assist with your own work in supporting wellbeing in the legal profession. As well as sharing the results of the research study, we hope to be able to also provide you with an overview of the results specifically for the members of your professional body. LawCare will also ensure that your professional body is acknowledged for its support in the report setting out the survey's findings.

## We've got questions about the research study, who should we contact?

If you have any questions about the research study, please email [admin@lawcare.org.uk](mailto:admin@lawcare.org.uk) or visit [lifeinthelaw.org.uk](https://lifeinthelaw.org.uk) for more information.