Answering the Call for Wellness in the Legal Profession
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1. Issue
- Repeated studies show a significant percentage of lawyers and law students experience mental health and substance abuse challenges.
- Data shows the problems increase during law school.
- Many law students are reluctant to ask for help.

2. Idea
- Poster campaign to encourage law students to ask for help
- Break down barriers by
  - Broadly envisioning help (reference service to suicide prevention)
  - Inverting reasons people don’t seek help

3. Execution
- Signs and table tents throughout law school
- Encourage asking for help and point to resources
- Locations and designs rotated
- Evolved to include tear-offs with URL
- Also promoted at tabling event for ABA National Mental Health Day in March 2018

4. Results
Not formally assessed. Data:

Guide statistics
- August 2017-July 2018: 430 views
- Most views (84): March 2018 when we tabled

Tear-offs taken
- Added October 2017
- No true count; some signs disappeared before being officially taken down.
- 53 tear-offs taken from Aug. 2017-July 2018
- Location with the most tear-offs taken: restrooms

Student comments
- “The signs always make me smile, and we need more of that around here.”
- “The signs are a useful reminder, especially on a day when you’re in the bathroom crying and need to feel some hope.”

5. Next Steps and References
Legally Well
- Early stages of development
- Database to share and find initiatives
- Includes research citations
- Want to partner? Karen.wallace@drake.edu

http://legallywell.wp.drake.edu/