

Life in the Law report



Jonathan's Voice
Speaking out for mental health

www.lawcare.org.uk/life-in-the-law/

- **Females:** higher levels of burn out; lower autonomy and lower psychological safety at work
- **26 – 35:** highest burn out scores; lowest psychological safety and highest work intensity
- **Ethnic minority groups:** higher levels of burnout than white counterparts; lower autonomy and psychological safety
- **Disabled people:** higher levels of burnout, lower autonomy and poorer psychological safety

MHFA My Whole Self 2022 campaign

<https://mhfaengland.org/mhfa-centre/campaigns/my-whole-self-2022/>



Where to get help



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- Your GP or practice nurse, especially if you have physical symptoms that need checking out; *in a crisis call 111, 999 or go to A & E*
- Hub of hope <https://hubofhope.co.uk/>
- Your line manager, supervisor or colleague
- Human Resources
- Mental Health First Aider or Mental Health champion
- Employee Assistance Programme, if you have one
- For student members of CIPA, there's also the Informals' MHFAer support line via informalswelfare@gmail.com (see <https://yellowsheet.wordpress.com/access-to-mental-health-first-aiders-and-support-helplines/>).
- LawCare <https://www.lawcare.org.uk/> **0800 279 6888**
- Samaritans <https://www.samaritans.org/> **116 123**
- Calmzone <https://www.thecalmzone.net/> **0800 585858**