

## News

### *#SupportingSolicitors through thick and thin*

13 May 2019

We have launched a joint campaign with the Law Society, LawCare, SBA The Solicitors' Charity, and the Solicitors' Assistance Scheme (SAS), #SupportingSolicitors, to promote the help available so they can easily find the support available to them.

Mental Health Awareness week 2019 is the perfect time to launch the campaign as #SupportingSolicitors aims to challenge stigma about mental health and raise awareness among solicitors of the many sources of support available to them to help them deal with a range of professional and personal challenges.

"It is important for all solicitors to know that no matter what challenges they may encounter during their legal career they are able to obtain support from someone who understands their unique set of circumstances," **Kayleigh Leonie, author of Supporting resilience and wellbeing in the workplace** said. "Whether it is a professional, work-related issue or a personal matter, it is very reassuring to know that there are organisations available to provide solicitors with guidance and support."

It is important that solicitors access the right support, help and guidance when they need it. This information can outline the range support that is available across issues such as mental health, bullying and harassment, practice issues, anti-money laundering or regulatory and disciplinary matters.

Our Your health, your career [<https://www.sra.org.uk/solicitors/resources/your-health-your-career/>] page has further information