

# Lawyer Wellbeing Resources



## Resources for lawyers who have received a complaint

We recognise that a complaint can place significant stress and pressure on lawyers and that a significant number of lawyers will experience mental health issues at some point in their career.

This fact sheet for lawyers provides information about resources that will assist in responding to a complaint.

### **LST Professional and Ethics Assistance**

LST Members have access to a range of resources around mentoring, advisory services, and/or working through ethical or practice matters.

#### [LST – Professional and Ethics Assistance](#)

This includes the [Member Adviser Service \(Tas\)](#). This is a service, facilitated by a number of senior members of the profession, which is available to help local legal practitioners through the complaints process. Responding to a complaint can be stressful, difficult and time-consuming, and the best approach is not always obvious.

### **Resources**

If you, or someone you know needs immediate mental health support, call [Lifeline crisis support](#) on 13 11 14.

In an **emergency**, call **000**.

There are a number of dedicated organisations and services where you can seek support for mental health issues:

- **Your GP** can provide you with a mental health care plan and refer you to a psychologist for subsidised treatment.
- The Law Society of Tasmania [LawCare](#) assistance counselling service – 1300 687 327 is confidential, anonymous, free and available 24/7
- [Beyond Blue](#) provides information about depression, anxiety and related disorders - 1300 22 4636
- [The Black Dog Institute](#) – Information on depression and bipolar disorder. They also have a [dedicated toolkit to help lawyers stay well](#).
- [MensLine](#) – 1300 78 99 78
- [Suicide Call Back Service](#) – 24/7 telephone and online counselling to people who are affected by suicide.
- [Headspace](#) – Mental health support for 12-25 year olds.
- [Women’s Health Tasmania](#) – Women’s state wide health service by women for women – 03 6231 3212
- [1800RESPECT](#) - Confidential information, counselling and support service – 1800 737 732

# Conflict of Interest

## Confidentiality

We only require lawyers to disclose mental health conditions to us if their condition is relevant to a complaint we have received or it will affect their ability to meet their legal practice obligations.

We will treat lawyers who disclose a mental health condition to us fairly, sensitively and confidentially and we will perform our function without discrimination. If you are concerned about your own or a colleague's wellbeing, please view the resources available to support you as set out in this fact sheet.

The existence of a mental health condition that is disclosed to the Board will not necessarily preclude the Board from taking appropriate compliance or enforcement action.

## Other Fact Sheets

The Board has a range of Fact Sheets to assist lawyers dealing with complaints. These include:

[Responding to a Complaint](#)

[Investigation of Complaints](#)

[Sexual Harassment](#)

Further Fact Sheets can be found on our [website](#).



## Further information

If you have any questions or require further information, please contact the Legal Profession Board of Tasmania.

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