



LawCare: Scottish dispatches: Summer 2015

Introduction

Many professionals believe they should be able to handle their own problems, even when such problems are completely outside their professional training and experience. Handling problems is what we do! It can be difficult for solicitors to acknowledge that we ourselves sometimes need help. However, it is usually easier to take the step of seeking help with another lawyer and so LawCare staff all have experience of life in practice as do most of the LawCare volunteers.

The Law Society of Scotland supports [Lawcare](#), an independent, UK wide charity providing practical help and support to legal practitioners experiencing stress and ill health. We do this by financial contribution and by maintaining a Scottish voice on the LawCare Board.

This is the first of a series of Scottish Dispatches from LawCare in which you will be able to find out what's going on and what's new with LawCare.

Team changes

After over ten years on the LawCare Board, Neil Stevenson, the Society's former Director of Representation and Support, resigned his Board position in July when he moved to take up the position of Chief Executive of the Scottish Legal Complaints Commission. Neil was a tremendous support to LawCare and provided much practical and helpful guidance from his experience at the Law Society. Laura Malcolm, solicitor and Professional Support team manager has joined the LawCare board as of 3 July 2015. Laura brings with her direct experience of the issues practitioners face day to day and LawCare is looking forward to working with her.

Helpline Number

Due to a change in Ofcom regulations, all calls to LawCare's 0800 helpline are now free as of 1st July 2015, including calls made from a mobile phone.

LawCare welcomes this change because it means that more people will be able to call LawCare's helpline without worrying about the cost. The number is 0800 279 6888.

Interim statistics for 2015

As at 1st July 2015 there had been 500 calls to LawCare's free and confidential helpline, and 8,366 visits to the LawCare website.

The most common problem cited - and the most popular page on the website - remains stress. The most stressful areas of law, based on calls received, seem to be civil litigation and general high street practice. 40% of callers are trainees or have been qualified less than five years.

Practical Suggestions for Dealing with Stress – what's out there?

If you are experiencing stress, even in its earliest stages, it is important to take steps to control it. Stress that isn't managed can have severe consequences, including mental illness, heart disease and other physical illnesses, and family problems. The confidential LawCare helpline 0800 279 6888 can put you in touch with appropriate help.

In addition to the helpline, LawCare offers free (except for expenses) [CPD accredited presentations, workshops and seminars](#) which can help you learn to manage stress and include many tips and practical suggestions. Your faculty can contact LawCare directly using the link above or via [Laura Malcolm](#) in the Society's Professional Support team to organise these events.

Another confidential and anonymous route to help is the [LawCare Wellbeing Portal](#) which is an online tool which can help you assess and address the stress in your life. It is free to use and completely confidential.

Thank You

LawCare is grateful to all those individuals who have made donations to them, especially the anonymous donor of £160. Donations are always welcome, either to core funding, or to LawCare's Welfare Fund which provides counselling and treatment to helpline callers who are unable to fund it themselves.

[Make a donation using this link](#), or call the LawCare admin office on 01268 771 333 to discuss regular giving, sponsorship, or other ways of helping LawCare.