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Omnibus Report for Phase II of Groundbreaking Study on Wellness in the Canadian Legal Profession Reveals Key Insights and Actionable Recommendations

Date: October 11, 2024

Ottawa, ON – The Federation of Law Societies of Canada (FLSC) has released the Omnibus Report for Phase II of the *National Study on the Psychological Health Determinants of Legal Professionals in Canada*, marking the completion of the most comprehensive investigation into the mental health and well-being of Canadian legal professionals. This report, prepared under the scientific direction of Dr. Nathalie Cadieux from the Université de Sherbrooke, is the culmination of a five-year research project aimed at understanding and addressing the psychological challenges faced by legal professionals across the country.

Key Findings:

The Omnibus Report consolidates the findings of both Phase I and Phase II of the study, offering a detailed analysis of the mental health risks and protective factors identified among legal professionals. It highlights pervasive issues such as high levels of stress, burnout, anxiety, and depression within the profession, with significant disparities observed based on gender, age, and professional role. For example, younger legal professionals, women, and those in marginalized groups experience notably higher levels of psychological distress, suggesting that targeted interventions are urgently needed to address these vulnerabilities.

“This report provides critical insights into the ongoing mental health challenges in the legal profession,” said Erin Kleisinger, President of the Federation of Law Societies of Canada. “It not only confirms the distressing prevalence of mental health issues but also lays out clear, evidence-based recommendations for creating a healthier, more sustainable work environment for legal professionals across Canada. This builds on the information gained through the Phase I study, providing further evidence and details of the experiences of legal professionals, which must culminate in specific, meaningful changes across the profession.”

Phase II Highlights:

Phase II of the study, which involved in-depth interviews with legal professionals from every province and territory, has identified key systemic issues that contribute to poor mental health in the profession. The report emphasizes the need for systemic changes in work culture, better support systems, and the promotion of work-life balance to improve the well-being of legal professionals.

Dr. Nathalie Cadieux, the study’s principal investigator, stated: “This report is a significant step forward in our understanding of the mental health challenges faced by legal professionals. It underscores the importance of taking action at all levels—individual, organizational, and regulatory—to foster a culture of wellness in the legal profession.”

Recommendations:

The Omnibus Report provides a series of actionable recommendations tailored to address the unique challenges identified in each province and territory. These include promoting mental health awareness, enhancing access to support services, and implementing policies that prioritize work-life balance and reduce the stigma around mental health issues.

“This study represents a major milestone in our efforts to understand and improve the mental health of legal professionals,” said Dr. Cadieux. “The strong commitment of the Canadian legal community to this project, along with the initiatives implemented across the country, has planted the seeds for a culture of wellness and sustainability within the profession. I hope it will continue to grow and flourish in the years to come, inspiring lasting changes that benefit not only legal professionals but also the clients and communities they serve.”

Read the Full Report:

To view the full report and its detailed findings and recommendations, please visit [Insert Link Here].

About the Federation of Law Societies of Canada:

The Federation of Law Societies of Canada is the national association of the 14 law societies mandated to regulate Canada’s 134,390 lawyers, Quebec’s 4,200 notaries, and Ontario’s 10,000 licensed paralegals in the public interest.

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