

# Help is on the way



You've made it through the stress of law school. No more assignment deadlines or exam preparation. A weight has been lifted, and you are free to embark on what will be a stellar legal career: "I have made it. I am going to be a lawyer."

When you commence working you realise deadlines are constant: court dates, appearances, advices "out by tomorrow"; the "tutorials" are brief: "Please prepare a memo on the client's position regarding the new Clean Energy Bill by 4pm today"; and your daily work life is like a constant examination of your legal skills and knowledge. Except that this time around the stress is tenfold (and sometimes feels like much more) and increases as you try to complete your work. Responsibility of a file. Advices. Stress. Can I do this? Client conferences. Stress. Attendances. Am I doing this correctly? This is overwhelming. Stress.

This scenario is not uncommon. As mentioned in his April LIV President's blog, Michael Holcroft noted: "Lawyers are over represented in studies of depression in the professions and we know from our membership statistics that many lawyers, particularly young women, become disillusioned with their career and leave".

Learning to deal with work stress is the first step in avoiding becoming part of the above statistics. It is never too late to seek assistance in order to achieve optimal health and wellbeing generally, and in the workplace. ●

VICKI THOMOPOULOS is the co-chair of the YLS Social Committee.

## WHERE YOU CAN GO FOR HELP

The LIV offers a number of personal support services to all members; some are listed here.

### Vic Lawyers' Help Line (VLHL)



The VLHL is a pilot health and wellbeing service, providing independent and confidential assistance to all Victorian legal practitioners, law students, judges and LIV members.

The VLHL offers a unique combination of services, including:

- **Counselling** – face-to-face and by telephone
- **Debriefing** – for legal practitioners dealing with emotionally difficult cases
- **Managers Hotline** – advice for legal employers dealing with employees experiencing mental health issues
- **Referrals** – helping you identify appropriate services
- **Information** – about admission, practising certificates and mental health

[www.viclawyershealth.com.au](http://www.viclawyershealth.com.au)

P 1300 664 744

### LIV Mentoring Program

This program aims to link experienced legal practitioners with those seeking professional development, support or guidance. It is an opportunity for experienced mentors to share advice, knowledge and experiences with their mentees. More information <http://www.liv.asn.au/Mentor>

## POSTGRADUATE LAW PROGRAMS

"My Masters in Commercial Litigation has really helped my career in law."

TANNIE KWONG, HICKSONS LAWYERS  
2011 MASTERS GRADUATE – COMMERCIAL LITIGATION

"The matters I have worked on have been exactly on point with the issues and advices from my assignments. My lecturers have helped me immensely by showing me the ropes in practice, providing me with support, whilst making the coursework and materials exciting and easy to learn."

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