





increase your EQ and strengthen your mental health with LAWPRO's wellness resources

Many lawyers find themselves confronting mental health and wellness issues during their career.

Understanding your own emotional state as well as those of colleagues and clients is a key skill lawyers use every day. LAWPRO has collected our best resources on wellness issues to help you navigate daily stressors and more.

Click below on each element of emotional intelligence to learn more about your EQ, mental health, and wellness



Want to learn more? take a free course (or two)



Expand your awareness of mental health issues with free courses and videos available on mental health in the workplace

[Learn more](#)



demand CPD programs on various practice management topics, including mental health and wellness.

[Watch online](#)

For more resources on mental health and wellness, including one-on-one counselling sessions, the Member Assistance Program is available to all practising lawyers, law students, judges, and their families in Ontario.

The Member Assistance Program



FOLLOW US

LAWYERS' PROFESSIONAL INDEMNITY COMPANY (LAWPRO)

3101 - 250 YONGE STREET, TORONTO, ONTARIO, M5B 2L7

Questions about the webzine? contact us at communications@lawpro.ca