



Federation of
Law Societies
of Canada

Fédération des ordres
professionnels de juristes
du Canada

News Release

For Immediate Release
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Statement from Teresa Donnelly, President of the Federation of Law Societies of Canada, for Mental Health Week

Mental Health Week invites us to reflect on how we care for ourselves and each other; and how our systems and institutions can better support well-being. This year's theme is #UnmaskingMentalHealth to see the whole person.

As someone who has made mental health in the legal profession a personal and professional priority since my time as Treasurer of the Law Society of Ontario in 2020, I continue to be deeply committed to advancing this conversation. Yesterday, I had the privilege of co-chairing the Law Society of Ontario's Mental Health Summit for Legal Professionals with leading advocate Beth Beattie. Over 4,700 people attended, once again underscoring the need for open, impactful dialogue about mental health.

At the Federation of Law Societies of Canada, and law societies across Canada, we are deeply aware of the serious and widespread mental health challenges in the legal profession. Our [National Study on the Psychological Health Determinants of Legal Professionals in Canada](#) confirmed what many already knew from experience: legal professionals across the country are facing high levels of stress, burnout, and psychological distress. These challenges are particularly acute for early-career professionals, women, and members of other equity-deserving groups.

This research—the most comprehensive of its kind in Canada—has given us a critical evidence base to move forward. The Federation's Standing Committee on Mental Health and Wellness is now building on that foundation, developing recommendations to help the Federation and law societies identify and implement meaningful, systemic responses.

Many law societies across Canada offer dedicated resources to support mental health and well-being. We encourage legal professionals to explore the supports available in their jurisdictions.

- [Law Society of BC Lawyer Well-Being Hub](#)
- [Law Society of Ontario Well-Being Resource Centre](#)
- [Canadian Bar Association Lawyer Assistance Programs](#)
- [Canadian Lawyers Insurance Association Wellness Toolkit](#)
- [Well-Being Week in Law](#)

The well-being of legal professionals is not a private issue—it is a professional imperative. As we mark Mental Health Week, the Federation remains committed to leading efforts that promote a healthier, more sustainable legal profession for all.

The Federation of Law Societies of Canada is the national association of the 14 law societies mandated by the provinces and territories to regulate Canada's legal profession in the public interest. It is the body through which Canada's law societies collaborate at the national level, share information on trends and issues affecting the legal profession, and engage in collective action and decision making.

The Federation is also the law societies' national and international voice on important issues related to the regulation and core values of the legal profession. For more information on the Federation, please visit our web site at www.flsc.ca.

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