



News Release

For Immediate Release
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Statement by Louis-Martin Beaumont, President of the Federation of Law Societies of Canada, on Mental Health Week

Mental Health Week is an opportunity to reflect on the importance of connection—to one another, to our communities, and to the supports that sustain our well-being. This year's theme, "*Come Together, Canada: Stronger connections. Better mental health,*" reminds us that meaningful relationships are at the heart of resilience, both personally and professionally.

Across Canada, legal professionals continue to face significant mental health and wellness challenges, including high levels of stress, burnout, and psychological strain. The [National Study on the Health and Wellness of Legal Professionals in Canada](#), undertaken by the Federation in partnership with the Université de Sherbrooke, the Canadian Bar Association and Canada's law societies, highlighted the scope and complexity of these issues, and reinforced the need for collective, sustained action.

At the Federation of Law Societies of Canada, we recognize that fostering a healthier legal profession requires more than awareness—it requires connection, collaboration, and shared responsibility. Through the work of our Standing Committee on Mental Health and Wellness, we are advancing efforts to support law societies in implementing meaningful, systemic responses grounded in evidence and best practices.

Law societies across the country continue to provide a range of resources to support the well-being of legal professionals. We encourage individuals to access these supports and to look out for one another. Small acts of connection—checking in with a colleague, seeking support when needed, or contributing to a culture of openness—can have a significant impact.

The well-being of legal professionals is not only a personal concern; it is essential to the strength and sustainability of the profession, and to the public interest we serve. By coming together and strengthening our connections, we can help build a more supportive and resilient legal community.

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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