

## Mental Health and Wellbeing Support Post-UBC

### UBC Counselling Services

All Allard Law students are able to continue accessing UBC counselling three months post-graduation:

- **Anna Kline**, Student Wellbeing Counsellor at Allard Hall, [kline@allard.ubc.ca](mailto:kline@allard.ubc.ca) 604.822.4928
- **Central UBC Counselling Services**, <https://students.ubc.ca/health/counselling-services> 604.822.3811

### Lawyer Assistance Programs (LAPs)

LAP's are available in every province and territory, providing professional support to lawyers, judges and law students across Canada. Their services include confidential counselling, advice, information and peer support. <https://www.cba.org/Sections/Wellness-Subcommittee/Wellness-Programs>

**Lawyer Assistance Program of BC** provides confidential counselling, peer support and referral services to help members of the BC legal community (lawyers, articling and law students, judges, families and support staff) deal with personal problems – including alcohol and drug dependence, stress and anxiety, depression and other issues. They are counsellors who used to be lawyers therefore they understand the unique problems and challenges that all legal professionals face. They are available 24 hours a day, 7 days a week. <https://www.lapbc.com/>

### Lifeworks

Lifeworks is an employee assistance program funded by the Law Society of British Columbia that offers free, confidential, 24/7 support for issues related to mental, physical, social, and financial well-being for articulated students, lawyers and their immediate families. Services include confidential consultations, access to information and resources, connections to community agencies and supports and referrals to counselling. <https://www.lawsociety.bc.ca/our-initiatives/improving-mental-health/lifeworks-faqs/>

Law Societies in other provinces should have similar programs.

### Law Society of BC

**Practice Advisors** are available for confidential consultations. Practice Advisors have, in most cases, specialized training in [Mental Health First Aid](#).

**Equity Ombudsperson:** for confidential support with discrimination, harassment and bullying.

Law Societies in other provinces should have similar resources.

## Employee Extended Health Benefits

Extended Health plans give you coverage for a wide variety of physical and mental health services, such as dental care, prescription medication, vision, chiropractors, and counsellors. They are funded by your employer but are confidential services. Each plan is different. Check with your employer to see if they provide extended health benefits and what it covers.

**For mental health coverage:** check which professionals are covered. For example, Registered Clinical Counsellors (RCC), Registered Psychologists (R.Psych), Registered Therapeutic Counsellors (RTC), Canadian Certified Counsellors (CCC), etc. Each plan is different with who they cover. Also check to see if you need a doctor referral. These details might impact your reimbursement coverage.

**Looking for a therapist:**

- <https://counsellingbc.com/counsellors>
- [https://www.psychologists.bc.ca/find\\_psychologist](https://www.psychologists.bc.ca/find_psychologist)
- <https://bcacc.ca/counsellors/>
- There are also lawyers turned counsellors in private practice. For example: [Bena Stock](#), [Erin Peters](#), [Tammy Donovan](#), [Ellen Schlesinger](#), [Paula Price](#).

## Canadian Bar Association Well-Being

CBA Well-Being conducts research into the personal and professional challenges affecting lawyers. They develop programs to address these and to help lawyers lead healthy, happy lives. Resources include:

- [The Well-Being Hour](#) conversations that focus on well-being of lawyer and legal professionals.
- [Professional Development: Mental health and wellbeing in the legal profession](#), and [The mindful lawyer series](#).
- [Dear Advy](#) Well Meaning, Well-Being Advice.
- [Resources](#) BE WELL. BE INFORMED. [Articles](#), [Research](#), [Well-being links](#)
- [Law Needs Wellness Because...](#) Campaign is a national photo campaign inviting legal professionals from all over the country to reflect on why well-being is important for our profession.

## Continuing Legal Education Society of BC

CLEBC recognizes the importance of lawyer wellbeing and supporting BC legal professionals with mental health issues. Free [resources](#) include: online courses, articles, webinars, and checklists.

## General Mental Health Supports

- [Vancouver General Hospital Access & Assessment Centre](#): 604-675-3700 7:30am – 11pm. Walk in 7:30am – 9:30pm. Help for you, your family member or your friend during a non-life threatening mental health and/or substance use issue.
- [Vancouver Crisis Line](#): 1.800.784.2433
- [First Nations Health Authority Mental Wellness & Counselling Support](#) offers a list of providers registered. 1.855.550.5454