



## Well-Being Pledge for Solo Practitioners and Individual Attorneys

Acknowledging that more can and should be done to improve the health and well-being of those in the legal community, and recognizing that high levels of problematic substance use and mental health distress present a significant challenge for the legal community I, \_\_\_\_\_, hereby pledge my support for this innovative campaign and will work to adopt and prioritize its five-point framework for building a better future.

*Select "Yes" for pledge items you intend to support or work toward this year. There is no minimum number of pledged items required to receive recognition. Individuals are expected to focus on areas of importance to themselves and their communities and pledged items will differ from year to year.*

- Yes      1. Engage in programs to improve my physical, mental, and emotional well-being.
- Yes      2. Acknowledge the ways in which aggressive litigation tactics and incivility among lawyers negatively impact well-being and actively work to reduce incivility in the legal profession.
- Yes      3. Attend educational opportunities on topics related to well-being and behavioral health through engagement with professional entities committed to reducing substance use and mental distress in the profession.
- Yes      4. Actively and consistently promote and encourage help-seeking and self-care as core values of lawyers.
- Yes      5. Encourage partnership with the Lawyers and Judges Assistance Program and access to its free and confidential assistance for well-being and behavioral health issues including: stress, grief, substance abuse or addiction issues, mental health concerns, burnout, compassion fatigue, secondary trauma, relationship issues, PTSD, and other wellness issues.

Your Name:	
How are you completing this form?	<input type="radio"/> On behalf of myself <input type="radio"/> On behalf of my employer
Email:	
Phone Number:	

Thank you for participating in the Well-Being Pledge. Please return this form to [ccreasey@msbar.org](mailto:ccreasey@msbar.org).