



WCLP

Well-being Committee For The Legal Profession

TAVA HEALTH

Active licensees receive 6 free sessions with a therapist. Plus, check out their resource library.



LAWYERS HELPING LAWYERS

The Utah State Bar provides peer-to-peer support to attorneys whose performance may be affected by various issues.



WELL-BEING IN LAW (PODCAST)

The Path to Well-Being In Law Podcast was designed to introduce everyday people doing impactful work in the well-being space.



WELL-BEING TOOLKIT

This toolkit is primarily designed for use by lawyers and legal employers to enhance individual and workplace well-being.



NAMI

NAMI offers free support groups, classes, helplines, online communities, and mental health education resources.



SELF-ASSESSMENTS

Self-assessments for depression, anxiety, and substance use disorder.



LET'S CONTINUE BUILDING A LEGAL COMMUNITY THAT PRIORITIZES RESILIENCE, SUPPORT, AND WELL-BEING—TOGETHER. INTERESTED IN A WELL-BEING CLE OR NEED OTHER RESOURCES? EMAIL: WELLBEING@UTAHBAR.ORG

*THE UTAH STATE BAR DOES NOT ENDORSE OR SUPPORT ANY POSITIONS FROM THE EXTERNAL RESOURCES SHARED ABOVE.