



## Health and Well-Being Officer – a Dean’s Foundation Initiative

UWA Law School is committed to supporting the well-being and mental health of its students. To advance this critical work, the Law School is seeking to appoint a **dedicated Health and Well-being Officer** in the School. Through the **Dean’s Foundation**, the Law School is seeking to raise \$80,000 per year, for three years, to fund this part-time appointment.

### Mental health and well-being in the law

The mental health and well-being of law students and young law graduates is a key priority for law schools and the legal profession throughout Australia.

Research shows that, for many affected students, psychological distress is not a pre-existing condition, but rather begins to manifest when they enter law school. Law students in Australia are self-reporting experiencing psychological distress at levels well above those experienced by the general population. A recent study in the *International Journal of Law and Psychiatry* involving law students across Australia revealed that:

- 31% of student participants self-reported experiencing severe to extremely severe psychological distress (compared with 13% of the general population)
- 49% of student participants self-reported experiencing moderate to extremely severe psychological distress (compared with 26% of the general population).

Addressing the mental health challenges faced by law students at law school is therefore a key early intervention to develop healthier and more resilient lawyers who will thrive in their profession.

### Supporting the future: a dedicated Health and Well-Being Officer

A dedicated part-time **Health and Well-Being Officer** will provide critical early support for our students. A dedicated part-time **Health and Well-being Officer** will:

- provide bespoke triage support and operate as a referral service,
- provide a source of health information and resources most relevant to law students,
- develop strategies and guides for individual students.

The services of the Health and Well-being Officer will be based on a philosophy of building and strengthening the mental resilience of our law students. The Officer’s services will focus on providing students with the tools to cope with and mitigate stress and anxiety. The aim of the services is not only to support them while undergoing the rigours of law study at Law School, but also to enhance their ability to cope with the stresses of professional life that will inevitably arise.

This initiative will build on existing well-being initiatives of the Law School, which include a student emergency fund, well-being activities, a sponsored exercise program, and a ‘regroup and recharge’ space in the Beasley Law Library.

We look forward to partnering with you on this important project.

For more information and details of the initiatives, please contact [Simone Yule](#), Development Manager.

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