

LegalMind

Supporting Mental Health &
Resilience in the Legal Community



LegalMind is a confidential, subsidised mental health support for the legal profession operated by **Spectrum.Life**



Services offered: Qualified Counsellors, Psychotherapists and Psychologists are available to support you through all aspects of personal and professional life



Available to: Law Society members, practising certificate holders and post PPC II trainees. Dependents can avail of 24/7 in-the-moment support



Choose online or
in-person sessions
across Ireland



Support is available in
33 languages

Download the Spectrum.
Life App for specialist
appointments and health
and wellbeing advice.
Organisation code:
well2020

Contact:



- Free-phone **1800 81 41 77**
- Text 'Hi' by SMS | WhatsApp to **0353 87 369 0010**
- Register for the online portal and find out more at:
www.lawsociety.ie/legalmind



LegalMind Specialist Supports



Dignity at Work Contact Point

Contact points are available to provide support on any dignity at work issue and to direct you to helpful information



Digital Clinics

Get support from the comfort of your own home. Book a virtual consultation today with a Dietitian, Physiotherapist, Parenting Coach, Financial Advisor or Personal Trainer at a discounted rate



Critical Incident Stress Management

Swift access to comprehensive interventions such as; onsite or online debriefings, staff trainings or trauma-specialist support for any critical workplace incident



Supports to Reach Optimal Potential

Life Coaching, Career Counselling, Financial Assistance, Support for all nationalities residing in Ireland, Legal Aid & Mediation and Consumer Advice