



## Quiz

### Improving Mental Health and Resilience in Legal Practice

A personal reflection

1. Which of the following is a current goal of Minds Count?
  - a. To develop guidelines to help the legal industry deal with mental health
  - b. To help organisations practically implement mental health guidelines
  - c. To encourage more organisations to become signatories and provide funding for Minds Count
  - d. Minds Count has largely achieved all its goals
2. Which of the following does Mary Digiglio observe as contributing to mental health difficulties in the legal industry?
  - a. The drinking culture in the legal industry
  - b. The competitive structure of traditional law firms
  - c. The lack of preparation of universities about what being a lawyer entails
  - d. All of the above
3. Which of the following has led to the dilution of public perception of lawyers as trusted advisors in society?
  - a. Not having enough lawyers in the legal market;

- b. Much of the work traditionally done by lawyers can now be done by other people or other means
  - c. Lawyers overcharging
  - d. All of the above
- 4. Why was the 2017 Minds Count Lecture by Magistrate Heilpern a turning point for mental health in the legal industry?
  - a. Magistrate Heilpern gave a personal account about the struggles he has faced in regard to vicarious trauma
  - b. Magistrate Heilpern gave a personal account about the struggles he has faced in his career in regard to bullying
  - c. Magistrate Heilpern acknowledged the difficulties for barristers in the Court room having to recount traumatic events over and over again
  - d. All of the above.
- 5. Which of the following was a finding of the study Courting the Blues, published in 2009?
  - a. Two thirds of lawyers suffer from substance abuse, depression or anxiety throughout their career
  - b. Substance abuse, depression or anxiety is more common in lawyers in particular areas of the law such as criminal law or family law
  - c. That lawyers often conclude that little can be done for mental illness
  - d. That most legal firms do not consider mental health to be an issue relating to their firm

**Answers:**

**1. B 2. D 3. B 4. A 5. C**