

LAWYERS HEALTH & WELLNESS PROGRAM

**A Free and Confidential Assistance Program
Available to Members of The Law Society of Manitoba through Manitoba Blue Cross**

WHAT IS IT?

Lawyers Health & Wellness Program is a **free** and confidential service for practising lawyers in Manitoba and their families. It offers counselling for:

- Addictions
- Emotional/Behavioural
- Family and Parenting
- Psychological Disorders
- Relationships
- Stress

Lawyers Health & Wellness Program offers crisis-intervention and assessment, short-term counselling services to a maximum of twelve sessions per family per year and appropriate referrals.

WHY SHOULD YOU CALL?

The practice of law is challenging. It is also demanding, competitive and stressful. Balancing career and family responsibilities adds to the pressure. The exacting nature of the profession may result in burn-out, depression, alcohol or drug dependency, family problems and other difficulties that can affect your judgment and performance and destroy your practice. Lawyers Health & Wellness Program offers a range of supports to help lawyers identify and respond to these issues as they arise.

WHO DO YOU CALL?

Call the Manitoba Blue Cross Employee Assistance Centre. Manitoba Blue Cross is providing this service through a contract with the Law Society of Manitoba.

Services are available anywhere in Manitoba. **You can call 24 hours a day, 7 days a week.**

Call:	Winnipeg	204.786.8880
	Toll-Free	1.800.590.5553
	TTY	204.775.0586

YOUR IDENTIFICATION CARD

Manitoba Blue Cross will issue you an identification card. This card confirms your eligibility in the program. The client and certificate number shown on the card should be referenced when you call the Employee Assistance Centre.

Employee Assistance Centre

CONFIDENTIALITY

This service is confidential and Manitoba Blue Cross will not release information without your written consent. Your identity and the nature of the personal matters discussed with counsellors are confidential. Manitoba Blue Cross will not disclose any information to the Law Society of Manitoba, other than blind statistical usage reporting. The Law Society has undertaken not to subpoena counselling information in any subsequent discipline hearing against a lawyer who is using the program.

Manitoba Blue Cross will schedule appointments to avoid encounters with other lawyers.

WHO IS ELIGIBLE?

All practising members of The Law Society of Manitoba and their immediate families are eligible. If your practising status changes, the Law Society will notify Manitoba Blue Cross. You will remain enrolled for a period of six months after changing from practising to non-practising or inactive status.

WHAT DOES IT COST?

The service is **free** to eligible members and their families. The decision to use the Program rests with you or your family members — you do not need to be in crisis to call.

PEER SUPPORT IS STILL AVAILABLE

Sometimes you might just want to talk to another lawyer. The Lawyers Professional Assistance Committee of The Manitoba Bar Association is available to help on a confidential basis. Call any of the members directly. Their numbers are published in Headnotes and Footnotes or are available through the MBA office at 204.927.1210.

For more information or to make an appointment contact:

**Employee Assistance Centre
599 Empress Street
Winnipeg, MB R3G 3P3**

**Ph. 204.786.8880 | TTY 204.775.0586
Toll Free 1.800.590.5553**

