

Dear Colleagues,

I am writing to invite you to participate in a unique research study on the mental health and well-being of legal professionals in Canada. The study has been developed by me and my research team at the Université de Sherbrooke in partnership with the Federation of Law Societies of Canada, the Canadian Bar Association and all law societies across Canada.

Legal practitioners are among those professionals most at risk of experiencing wellness issues such as stress, anxiety, and depression. In this context, our study aims to better understand and promote a healthy and sustainable practice of law in Canada. The Canadian legal community is mobilizing to improve wellness in the legal profession. However, we won't achieve this without you.

I invite you to complete our anonymous and confidential online questionnaire. The questionnaire will take 30 to 45 minutes to complete. You can take a break at any time by closing the page, and continue later from where you left off. All we ask is that you complete all of the questions. Please note that once you have completed and submitted the questionnaire, it will be impossible to erase or change your responses.

Your participation is voluntary, but please be assured the responses you provide will be extremely important in our research into the well-being of legal professionals.

The project is governed by a rigorous research protocol and has been reviewed by the Université de Sherbrooke ethics committee. Please be assured that only members of my team and I will have access to your answers. No questions in the questionnaire will allow you to be identified. **Your responses will remain anonymous and strictly confidential.**

You can take part in the survey by clicking on one of the buttons below.

See [Frequently Asked Questions](#) for additional information on how to save and submit your survey.

I'M TAKING PART

JE PARTICIPE

Participants will have until **Wednesday, June 30** to complete the survey.

I would like to thank you warmly for your time, and for helping us improve the practice of law from coast to coast to coast in Canada!



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