Read in The American Lawyer: Old and New Ways of Operating Prove Obstacles to Law Firms Addressing Mental Health Challenges

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As law firms continue to invest in attorney well-being, longstanding workplace pressures combined with emerging technologies like AI are creating new mental health challenges across the legal profession. Haynes Boone Director of Wellness **Abby Read** spoke with *The American Lawyer* about the importance of prioritizing attorney well-being and why firms are increasingly recognizing it as a business imperative.

Read an excerpt below.

One firm that is placing a focus on mental health is Haynes Boone, where Abby Read has led its wellness program since 2022.

She said few firms employed wellness specialists when she began working in her position in 2022, but more firms have invested in their attorneys' mental health in the past four years.

"To me, I think that signals there's a greater understanding from leaders of these big firms in the legal industry who realize that there's a significant business case to invest in mental health and well-being of attorneys and how to positively impact performance," Read said.

Read the full article from *The American Lawyer* **here**.

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