

## LAW STUDENTS, LAWYERS, AND DEPRESSION

Depression is reported among 8-9% of law students prior to matriculation, 27% after one semester, 34% after 2 semesters, and 40% after 3 years.\*

Lawyers are 3.6 times more likely to suffer from depression than non-lawyers.\*



*If you are suffering, you are not alone, help is available*

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org

## DEPRESSION IS A PROBLEM THAT CAN BE TREATED

Clinical depression and other anxiety disorders produce profound emotional distress. They also interfere with effective problem-solving. But studies show that the vast majority of people who receive appropriate treatment improve or recover completely.

### *Treatment Works...*

According to the National Institute of Mental Health, more than 80% of people with depressive disorders improve when they receive appropriate treatment.

### *Treatment for depression improves work productivity.*

- If you experience a moderate depressive episode and receive treatment, you are 2.5 times more likely to regain your former levels of productivity.
- If you suffer from severe depression and receive treatment, you are 7 times more likely to recover your energy and drive for achievement.



## SIGNS & SYMPTOMS

The odds are good that you or someone you know is currently struggling with feelings of depression, or even suicidal thoughts. It is OK to ASK someone you are concerned about if they are experiencing any of these symptoms; just as it is OK for you to seek help from others if you are experiencing them as well.

### *Symptoms of depression include:*

#### PHYSICAL

Poor appetite or overeating  
Low energy or fatigue  
Sleep disturbances

#### PSYCHOLOGICAL

Feeling hopeless  
Low self-esteem  
Self-critical thoughts  
Feeling that no one values you  
Feeling no purpose to existence

#### EMOTIONAL

Feeling sad, empty, alone, or hopeless  
Excessive crying  
Excessive worrying  
Feeling more tense or anxious than usual  
Overreacting to situations

#### ACADEMIC

Decreased motivation  
Difficulty concentrating

#### SOCIAL

Decreased interest in activities you enjoy  
Decreased trust in others  
Irritability  
Wanting to spend time alone  
Difficulty relating to people

\* For more information about the statistics quoted here, please visit our website: [www.daveneefoundation.org](http://www.daveneefoundation.org)

**About us:** The Dave Nee Foundation was established in 2006 by friends and family of Dave Nee, a Fordham Law School student who died by suicide. The Dave Nee Foundation is here to offer help and hope to law students and those in the legal profession struggling with mental health issues. Through our work we also help schools and firms promote wellness practices.

***Our programs include:***

**Uncommon Counsel:** Through partnerships with law schools, professional associations, and Lawyers Assistance Programs, Dave Nee Foundation staff give presentations to law students and legal professionals, participate in panel discussions, and present information and resources to law students about mental health issues and how to get help.

**Beacon of Hope Grants Program:** Annual competitive grant program for small nonprofits working with adolescents in the areas of depression awareness and suicide prevention.

**Starr Initiative on Character and Fitness:** A new program of the Dave Nee Foundation, the initiative is a both a grassroots movement building project and a policy and advocacy initiative geared to address the intrusive questions regarding an individual's mental health history as they seek admission to various state bars.

**LawLifeline:** A project with the Jed Foundation, the LawLifeline was launched in 2012. LawLifeline is an accessible and confidential online mental health resource for law students, it offers general information regarding mental health issues as well as specific resources and services available to students in their communities. The site also features online assessment and screening tools for depression.

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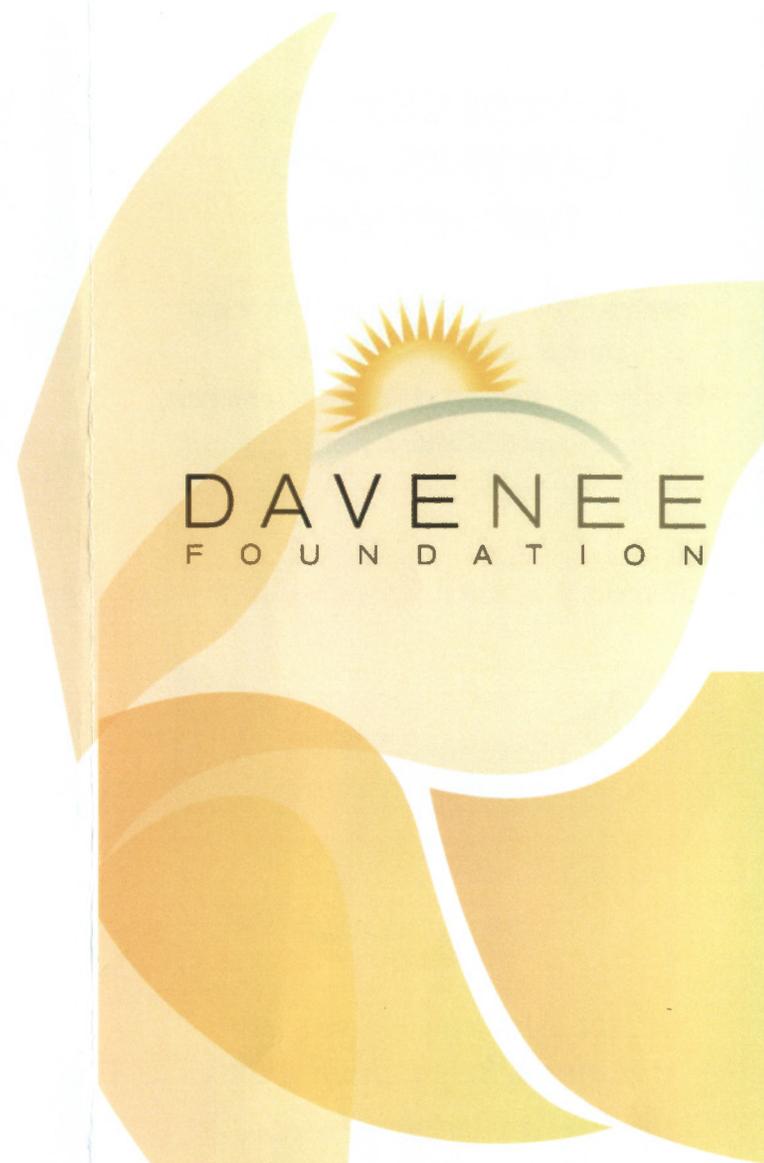
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[www.daveneefoundation.org](http://www.daveneefoundation.org)  
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Our mission is to eliminate the stigma associated with depression and suicide by promoting and encouraging not only the diagnosis and treatment of depression among young adults, but also the education of young people, their families, and friends about the disease of depression.