

# Mental Health Week Plenary

Recorded: 13 October 2021 | 60 minutes  
2021/2022 CPD year

## Overview

Far North Queensland Law Association and Queensland Law Society are thrilled to host a panel discussion aimed at raising awareness of mental health in the legal profession.

Join us for a candid discussion around common mental health issues currently impacting legal practitioners across Queensland, with a particular focus on burnout. Our panel will share their practical insights and top tips on how you can cope in times of difficulty as well as support those around you.

All this and more in a live-streamed, one hour lunchtime event brought to you from beautiful Cairns.

This event is being run during Queensland Mental Health Week, 9-17 October 2021.

**1 CPD Point**



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60mins

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Panellists:

**Peter Apel**, Solicitor, Apels Solicitors; member, Queensland Law Society Wellbeing Working Group; and Queensland Law Society Senior Counsellor

**Brydie Bilic**, Barrister, Queensland Bar

**Lauren Phelps**, Legal Workplace and Culture Consultant, Queensland Law Society

Facilitator: **Stafford Shepherd**, Principal Ethics and Practice Counsel, QLS Ethics and Practice Centre | Legal Practitioner Director, QLS Solicitor Support Pty Ltd Queensland Law Society

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