



I don't have depression. Why should I worry?

Australians are more susceptible to skin cancer than persons in other nations because of the country's geographical climate and exposure to ultra-violet rays. As such, we Australians are advised to apply sunscreen before heading to the beach, or even going outside on a summer's day. Similarly, I believe that those in the legal profession need to apply the same logic to managing our emotional and psychological wellbeing given the high rates of depression that exist in our chosen field.

As was touched on earlier in the book, more than one-third (over 35 per cent) of law students report experiencing disturbingly high levels of psychological distress, anxiety and depression while in law school. The enormity of this statistic is highlighted by the fact that approximately 18 per cent of students studying medicine, a field that is similar to law in