



Wellbeing is a priority for the FLBA, and here are some resources which may help in these challenging times

Click on the arrows to access the links

Wellbeing at the Bar website for general information and support

The Assistance Programme provides free, confidential counselling with a free app and online resources

A helpful article on looking after your mental health during the coronavirus outbreak

The COVID-19 hub on the Law Care Website

You will be hearing more from the Wellbeing Subcommittee over the coming weeks; feel free to suggest topics which you would find useful by emailing Vicki Wilson at v.wilson@goldsmithchambers.com