

Newsletter, May 7, 2020

Dear colleagues,

We continue to face an issue that will be with us for years to come in the profession:
psychological well-being.

We have produced video clips offering compelling testimonials by lawyers who have faced
mental health challenges. The first four capsules can be viewed [HERE](#). Three more capsules will
be broadcast next week at the same place on our website dedicated to psychological well-
being.

These capsules are intended to ignite a discussion and a reflective process that will endure
throughout time.

I salute the courage of all those who participated in this initial project. I promise them that in
the long run they will have changed the course of this for some of us. Thank you very much.

If you have any questions or comments about this project, please email
santementale@barreau.qc.ca.

Kind regards,

Paul-Matthieu Grondin
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