

## Stinson Joins American Bar Association Well-Being Pledge

Press Release

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Stinson LLP is proud to announce that the firm has signed on to the American Bar Association's (ABA) Well-Being Pledge, an initiative of the ABA Working Group to Advance Well-Being in the Legal Profession.

According to the ABA, lawyers and those in the legal industry experience high rates of substance abuse and mental health problems that often go unrecognized or untreated. The goals of the working group and the campaign are to raise awareness of the issues, facilitate a reduction in the incidence of mental health distress, and improve well-being for legal professionals.

As a signatory to the pledge, Stinson is committed to full support of the campaign, including establishing a Well-Being Committee, providing education and training to attorneys and staff, providing resources to reduce substance use disorders and mental health distress, and implementing policies that support well-being as a core value of the firm.

"Our focus on well-being is fundamentally part of caring about our colleagues, and the pledge is an extension of that concern and its importance to the culture and success of our firm and our client relationships," said [Mark Hinderks](#), Stinson's managing partner. "With this pledge, we take to heart this call to action to further improve well-being at our firm."

The firm's Well-Being Committee includes attorneys, staff and members of firm leadership. Stinson's pledge builds on years of robust wellness efforts and resources the firm has made available to its personnel, such as employee assistance programs, on-site health risk assessments, fitness center access, yoga and meditation, chair massages, presentations on retirement planning, courses on managing stress and overcoming depression, back-up child and adult care programs, MilkStork services, and many other offerings that the firm will continue to develop as part of its commitment to the well-being of its people.