**Life in the Law 2025 – take part in LawCare’s research**

LawCare, the mental health charity for the legal sector, wants to know what working in law is really like. Take part in their Life in the Law 2025 research - there’s one survey for individuals and one for organisations.

These surveys are open to everyone working in law and explore key issues such as working hours, job pressure, burnout, mental health at work, bullying, harassment, discrimination, your future in law, and how workplaces support wellbeing.

The research will help LawCare better understand why people in the legal sector may experience poor mental health and what practical steps organisations and individuals can take to prevent this.

The surveys are **anonymous and confidential,** and only take about 10 to 15 minutes to fill out.

* Complete the [**Life in the Law 2025 survey for individuals**](https://docs.google.com/forms/d/e/1FAIpQLSfP1ZRBcuWfMpbGHu8g3-wqO1fNBNiX0OSTLfwppuA-1hVM6g/viewform)
* Complete the [**Life in the Law 2025 survey for organisations**](https://docs.google.com/forms/d/e/1FAIpQLSei_OyqFo0X9m6mpCjOhh--2Ia0ym1JROo_9NOFANPHDqpYDg/viewform)

The surveys are open until Friday, 21 March, and the findings, along with evidence-based recommendations, will be shared in October 2025.