



# ukim

## Occupational Health & Wellbeing



Immediate  
Support



Proactive  
Wellbeing Checks



Clinical  
Escalation



Psychological  
Expertise



Mental Wellbeing  
& Anxiety



Presenteeism  
Management



Reducing  
Stigma



Social Media  
Guidance

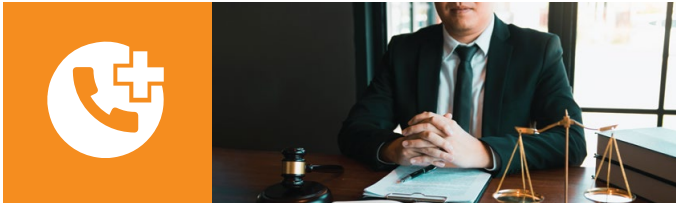
## Mental Wellbeing for Barristers: Raise the Bar with UKIM Occupational Health & Wellbeing

At UKIM, we specialise in providing personalised Occupational Health Services dedicated to enhancing and sustaining the mental wellbeing of barristers. Navigating the challenges inherent in the legal sector is not easy and this often results in mental and physical health being overlooked. We understand the importance of wellbeing initiatives - not just for the staff of large organisations with Occupational Health support, but for those who are self employed. That's where our practical solutions can fill this perilous gap.

Barristers grapple with challenges that impact mental wellbeing, including burnout from high work intensity, case backlogs, excessive hours, sleep deprivation, the psychological weight of cases and the conflict between personal values and professional obligations. Recognising these complexities, our bespoke services are designed to provide comprehensive support.

**“ Raising the bar for Legal Excellence, we are devoted to enhancing and sustaining the mental wellbeing of barristers. ”**

[www.ukim-oh.com](http://www.ukim-oh.com)



### Immediate Support:

Support that goes beyond geographical boundaries ensuring that barristers receive the help they need.



### Proactive Wellbeing Checks:

Tailored wellbeing initiatives designed to meet the unique needs of a barrister's role and beyond.



### Clinical Escalation:

Instant assistance and intervention prioritising mental health and safety in times of critical need.



### Psychological Expertise:

From stress management to resilience building, as well as personalised guidance for optimal mental wellbeing.



### Mental Wellbeing & Anxiety:

Strategies to manage anxiety, alleviate stress, and foster a positive mindset conducive to sustained professional excellence.



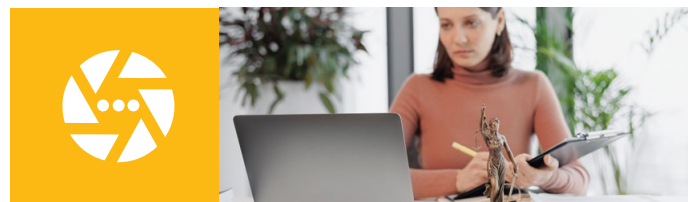
### Presenteeism Management:

Addressing challenges before they escalate, fostering a positive and resilient work environment.



### Reducing Stigma:

By fostering a culture of open dialogue, offering confidential counselling services, and promoting mental health awareness.



### Social Media Guidance:

To manage online presence effectively, mitigate negativity, and build a positive digital footprint.

Whilst working in law can bring freedom, variety and the fulfilment of delivering justice – it can also bring intense mental turmoil. We're here to empower those who are consistently at the coal face of trauma to thrive mentally, ensuring that challenges are met with resilience and success. A life-changing solution.