

Mental Health Support for Attorneys Through the ADA

- 1. May is Mental Health Awareness Month, dedicated to raising awareness of mental health issues, combating stigma, and providing support.**
 - a. True
 - b. False

- 2. According to the article, what percentage of lawyers attributed their mental health struggles to their work environment?**
 - a. 38 percent
 - b. 60 percent
 - c. 71 percent
 - d. 76 percent

- 3. Under The Americans with Disabilities Act (ADA), employers are not required to provide a reasonable accommodation unless an individual with a disability requests it.**
 - a. True
 - b. False

- 4. Which of the following is NOT listed as a common symptom among attorneys facing mental health challenges?**
 - a. Inability to concentrate
 - b. Overwhelmed and exhausted
 - c. Increased physical health
 - d. Irritability

- 5. According to a 2023 survey, 38 percent of attorneys reported experiencing anxiety, and 71 percent reported depression.**
 - a. True
 - b. False

- 6. What is one of the reasons the article states for the increasing prevalence of mental health challenges among attorneys?**
 - a. Decreased work hours
 - b. Lower client expectations
 - c. High stakes for their clients
 - d. More leisure time

- 7. The ADA's protections and requirements do not apply to mental health impairments.**
 - a. True
 - b. False

- 8. Which of the following is a recommended solution for attorneys struggling with mental health to find a better work/life balance?**
 - a. Increasing billable hours
 - b. Taking time off for self-care
 - c. Ignoring mental health symptoms
 - d. Avoiding therapy or counseling

- 9. The ADA applies only to public employers with 15 or more employees.**
 - a. True
 - b. False

- 10. According to the article, what is a notable aspect of the ADA in the context of employment?**
 - a. It allows employers to discriminate based on disability if it affects work performance.
 - b. It requires employers to work cooperatively with employees to find suitable accommodations.
 - c. It applies only to physical disabilities, not mental health conditions.
 - d. It prohibits any form of workplace accommodation.

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- 2) Answer the quiz questions on page 27. Each question has only one correct answer.
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