



Message from the Lieutenant Governor of Alberta



It's my pleasure to thank everyone at the Alberta Lawyers' Assistance Society for their work to foster the mental health and well-being of legal professionals across the province.

Mental illness and addiction are issues that can affect us all. Unfortunately, they are also issues that can be isolating for those who suffer due to old stigmas and attitudes that continue to shape how we approach the topic as a society. When it comes to mental health, the most powerful words anyone can hear are “you are not alone” and the greatest gift any of us can receive is the offer of help and understanding when we need it most.

As founding patron of the Lieutenant Governor's Circle on Mental Health and Addiction, I applaud the Alberta Lawyers' Assistance Society for its dedication to serving those in need and I wish the Society well in its ongoing work to create stronger, healthier and more productive lives for members of Alberta's legal profession.

A handwritten signature in black ink, appearing to read 'D. Ethell'.

**Donald S. Ethell, OC, OMM, AOE, MSC, CD, LLD
Lieutenant Governor of Alberta**