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Fireside Chat on Mental Health

Susannah S. Alleyne spoke at a Fireside Chat on Mental Health, organized by the University of Toronto Faculty of Law's Black Law Students' Association (BLSA). Susannah discussed the challenges of transitioning from law school to legal practice and the impact on mental health and wellness. Susannah also explored the growing awareness of Inclusion, Diversity, Equity, and Accessibility (IDEA) in the legal profession, the complexities of belonging and perfectionism, and strategies for staying motivated and resilient in a high-pressure career. She also highlighted Lenczner Slaght's leadership in advancing IDEA initiatives in the legal space.