



Katten's Well-Being Stipend Noted by *Law360*

April 28, 2022

Katten's annual \$500 wellness stipend caught the attention of *Law360*, which noted that the offering comes at a time when the legal industry is struggling to address growing mental health issues exacerbated by the COVID-19 pandemic.

The stipend complements programming Katten is offering during Well-Being Week in Law in May, which is also Mental Health Awareness Month.

Law360 cited a statement by CEO Noah Heller, who said that it's imperative for attorneys and legal professionals to take care of their physical and mental health. Doing so allows them to better serve their clients.

"The compounding crises of the past couple years have acted as an accelerant to the behavioral health problems that were already too prevalent in our profession," Noah said.

The stipend can be used to cover wellness resources such as gym equipment, fitness memberships and meditation apps. Katten is a founding sponsor of the Institute for Well-Being In Law, which is using advocacy, research and education to drive a culture shift in law to establish health and well-being as centerpieces of professional success.

"[Katten Offers Lawyers Annual Well-Being Stipend](#)," *Law360*, April 27, 2022

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