



#### **SPEAKING ENGAGEMENTS**

### **It's OK To Not Be OK, Knowing Your Mental Health Rights And Resources**

#### **DATE**

**March 14, 2024**

#### **SPEAKERS**



**Ashley F.  
Deweese**  
Partner

Ashley Deweese was a guest speaker for the Dallas Association of Young Lawyers CLE virtual wellness panel, "It's OK to Not Be OK, Knowing Your Mental Health Rights and Resources." The CLE series highlighted employment law assistance and resources available for young lawyers experiencing mental health conditions. Ashley shared her personal journey, provided insights on the value of law firm support and discussed the annual commitment of Barnes & Thornburg to the American Bar Association's well-being pledge.

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