

# MM&H

MARK MIGDAL & HAYDEN

## 28 LEGAL MINDS: MARK MIGDAL & HAYDEN LAUNCHES MENTAL HEALTH AWARENESS CAMPAIGN

*Boutique litigation law firm shines light on mental health with fundraising initiative*

MIAMI (June XX, 2019) – Florida litigation boutique law firm [Mark Migdal & Hayden](#) (MM&H), today announced the launch of its mental health awareness fundraising campaign, *28 Legal Minds*, in a rallying effort to help end the stigmatization of critical mental health issues in the legal community and help fund services for legal professionals in need. The fundraising campaign launch is strategically timed to commence at the end of June in conjunction with The Florida Bar’s annual conference in Boca Raton.

In a recent survey conducted by the American Bar Association, 28 percent of attorneys reported suffering from depression; a statistic derived from a sample population of 12,825. The attorneys surveyed represent 13 percent of the 1,116,967 practicing attorneys in the United States. This disproportionate representation has the power to debilitate the legal community if not addressed. Indeed, *The American Lawyer* and other publications have started coverage of mental health issues in the legal profession in May and will continue to do so through the end of the year.

To promote mental health awareness in the Florida legal community, MM&H aims to increase awareness and provide funding to aid struggling professionals through a thoughtful campaign centered on simple black and white buttons, designed to provide high visibility and to provoke conversation. The buttons are being sold for a minimum donation of \$5, of which Mark Migdal & Hayden will match initially to kickstart the initiative. The proceeds raised will go toward the [Hagan Kilby Foundation](#), a 501(c)(3) charitable corporation that offers financial assistance to attorneys who are otherwise unable to obtain treatment offered by Florida Lawyers Assistance for substance abuse or mental health issues. [Florida Lawyers Assistance](#), which receives most of its funding through The Florida Bar, provides

mental health resources and programs for attorneys and legal professionals who may be struggling with depression, anxiety, alcoholism, or any other mental illness that negatively affects their quality of life, personally and professionally.

“Our hopes are that this visual representation will propel positive discussion, sparking real and needed change in our industry,” said MM&H partner, [Etan Mark](#). “As lawyers, we work so hard at tackling other people’s problems that we often neglect our own. The reasons we sought out to start MM&H were in the spirit of great client service and collaboration, while establishing work-life balance and true camaraderie and support in our offices.”

To receive a matched donation, participants are asked to post a picture at their firm, at the courthouse, or at another law associated function while wearing the button on Twitter, LinkedIn or Instagram with the hashtag #28LegalMinds and #LawRealigned, in addition to tagging MM&H on Instagram and Twitter at @mark\_migdal. Participants are invited to donate and learn more about the various resources available to attorneys in need by visiting [www.markmigdal.com/28legalminds](http://www.markmigdal.com/28legalminds).

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#### **About Mark Migdal & Hayden**

Mark Migdal & Hayden (MM&H) is a Florida boutique litigation law firm located in the heart of Miami’s financial district of Brickell. Formed by Etan Mark, Josh Migdal and Don Hayden, the firm is recognized by *Chambers USA* and integrates a contemporary approach to the attorney-client relationship, with key differentiators that include advanced technology, fee predictability and collaborative case management. MM&H offers a hyper-specialized focus on complex commercial litigation, as well as domestic and international business disputes and appeals. Current clients include a diverse portfolio of enterprises in real estate, venture capital, manufacturing, banking and financial services. For more information, visit [markmigdal.com](http://markmigdal.com).