

## THE EXTRAORDINARY CAPITALIST JOHN T. HARRINGTON

*Legalines first published the story of John T. Harrington in 2004, when some of you might have still been in junior high or high school. Sixteen years later, as the country is enduring a crisis unlike any we have seen before, this article will remind us that we as lawyers have a special obligation to make sure that the legal system will be ready to handle the stresses that will accompany both the hard times ahead and the inevitable return to good times. We will have to be at our best. If he were alive today, John Harrington would be at the forefront, leading us, inspiring us to be our best. He was a lawyer and statesman of his time, who used his great skill in bringing together the leaders of industry and finance to build our area into one of the most prosperous places in the country. In the difficult days ahead, we can't exactly replicate what he did, but we can be inspired by his example.*

At the apex of his legal career, John T. Harrington served simultaneously as the president of two major corporations and as the senior partner of one of the most prestigious law firms in Youngstown. Before he had turned forty years-old, he had financed a start-up steel company that, within ten years, had grown into a large and respected enterprise that employed more than 6,000 men. He also served as a director and counsel to some of the most well-known companies in the Youngstown area during the glory years from 1900 to 1930. Not only were these companies spectacularly profitable, they also provided secure employment for tens of thousands of workers. As his town prospered, so did he. By 1929, before the stock market crash, his net worth, as measured in year 2020 dollars, was more than \$220 million, which earned him the acclaim as the "richest man in town." At the same time, his devotion to charitable enterprises may have also made him "the most generous man in town." Because of his prominence in the business world, his role as a lawyer at times seemed understated, but he was always thought of first and foremost as a lawyer with exceptional skill. Eighty-eight years after his death, his law firm still carries his name.

### I. RISE TO PROMINENCE

In the small village of Rock Creek, Ashtabula County, Frederick and Hannah Truesdale Harrington brought John Truesdale Harrington into the world on May 22, 1873. Two years later, Hannah died, leaving her husband and three children with the challenge of passing through life without the care and affection of wife and mother. John and the family endured. He went through the public schools of Ashtabula County with good grades, and was admitted into Oberlin College, where he graduated in 1894. From there, he went to law school at the University of Michigan and graduated in 1896. He then returned to Ashtabula County and began his legal career in the county seat of Jefferson.

Harrington quickly gained a reputation as a diligent and determined lawyer with an intense drive for success. In his very first trial, his passionate advocacy went beyond the limits, and he and opposing counsel ended up in a fist fight. He did win the fight, and the case, and his reputation for formidableness was established indelibly.

With such ambition and confidence, he may have found that the small-town practice was not the challenge he had hoped for, so he decided to relocate to an area where he could realize the full measure of his talents. Like many young men of promise in that era, a prime destination was Youngstown, a city that was in the early stages of its spectacular ascent into prosperity and glory. He arrived in Youngstown in 1900 and had the good fortune of joining the firm of Arrell, McVey and Robinson.

George Arrell was the senior partner. He was a talented lawyer and a respected citizen, but his abilities were somewhat obscured and overshadowed by his marriage to the daughter of the late Governor David Tod. The Tod family, of course, was one of the most prominent of the so-called "pioneer families" in Youngstown, and so Arrell's many accomplishments may have been attributed more to his Tod connections rather than to his legal abilities. Nevertheless, the firm was one of the most respected in town, and its standing was enhanced by the addition of excellent lawyers such as J.P. Wilson, A.L. Rowland, and U.C. DeFord.



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As counsel for the Tod family, the firm was involved in a range of diverse businesses, from steel to mining to real estate to banking to railroads. As a young lawyer in the firm, Harrington was exposed to all facets of a rather sophisticated business practice. As the steel mills and related industries began reaching a critical mass that triggered an amazing era of prosperity, the infrastructure of Youngstown changed correspondingly. To accommodate the industrial expansion and population growth, the need for public utilities became more pronounced. The firm was ready and able, and assigned Harrington to take care of the firm's street railway business and the electric power companies, which had overlapping interests due to the high demand for the electricity required to power the railcars.

At the same time, the steel companies and other industries were in the process of converting from steam to electricity, which meant that the power companies were poised for a period of rapid growth and prosperity. With each utility pole raised, with each power line installed, and with the erection of each high-tension tower, the prosperity of Youngstown seemed assured.

In servicing his clients, Harrington mastered the intricacies of the utilities business, and his expertise and counsel became invaluable. Having an insider's perspective, he took on the essential task of helping the companies meet their ever-increasing capital requirements, and he naturally became proficient in setting up the complex corporate structures that were required for such large-scale financing operations. In this endeavor, he came into contact with prominent financiers and other important figures in the public utilities arena. His affiliation with men such as utilities magnate R. P. Stevens and financier Cyrus Eaton of Cleveland had an immense impact on his own career.

As a lawyer in Youngstown, Harrington had inevitable ties with the steel industry. In 1912, while only thirty-nine years old, he arranged for the capitalization of the Trumbull Steel Company. The company's main promoter was Jonathan Warner, an enterprising steel executive with proven organizational and technical skills whose high standing in the steel community gave comfort to the company's investors. With Harrington's help, Warner raised \$20 million, almost \$300 million in 2020 dollars, and set about building an immensely successful steel company with its primary mills located in Warren, Ohio. By the end of the decade, the company employed more than 6,000 men. Harrington himself became a large

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stockholder of Trumbull Steel, and as the company prospered, so did he.

At the time, Youngstown was soaring toward an astonishing period of growth and change. Yet, despite being the center of an important steel district, Youngstown managed to retain its small town feel and its collegial coziness. Naturally, downtown was the center of gravity for the citizenry, and virtually all social, political, and business activities were compressed within a small perimeter surrounding the downtown area. Prominent citizens resided within walking distance, with Wick Avenue being the most prestigious address.

In this era before radio and television, social contacts were the preferred form of entertainment, and the churches, social clubs, sporting events, lodges, restaurants, and theaters were the places where people congregated en masse. In retrospect, some of the period customs seem a bit unusual, but are actually quite quaint and revealing of the times. The Rayen and South High annual football game, for example, drew 25,000 fans, and the week preceding the game was dominated by constant pre-game chatter and breathless anticipation of the game.

In such a frenetic and close-knit social environment, it was inevitable that a young man with Harrington's drive and talent would become an object of attention and admiration. Over time, with each success, his reputation solidified, and he became an established member of the business elite in Youngstown. He was invited to sit on many boards over the years, and he selectively obliged. Among his favored companies were, General Fireproofing, Ohio Leather, Republic Rubber, Youngstown Steel Car, Mahoning National Bank, First National Bank, Dollar Savings & Trust, and several other prominent businesses and institutions.

By temperament and spirit, Harrington was a vigorous and engaged board member, and his counsel was considered to be quite sound. As a company insider and as an intelligent investor, he invested in the companies in which he served, and he would encourage friends and associates to follow his lead with their own funds. Having Harrington's seal of approval was a comforting factor for investors, and their trust in him paid off spectacularly.

His law firm was likewise experiencing a period of transition and change. By 1917, George Arrell and most of the older partners had retired, and Harrington became the leader of the firm. As Harrington's time became increasingly diverted in business pursuits, he needed assistance on the legal side, so he brought some accomplished lawyers into the firm. Among them was Jared Paul Huxley.

Huxley had graduated from the University of Cincinnati Law School in 1895, and soon became immersed in the political arena. At a young age, Huxley became the Mayor of Salem, and had a successful tenure as mayor. He later relocated to Youngstown and had a respected law practice. In 1917, he was elected Mahoning County Prosecutor, and became a vigorous crime fighter and an efficient administrator of the heavy caseload of the office. Harrington noticed, and sought Huxley for his firm. For Huxley, the allure and challenge must have been irresistible, so in 1920 he resigned as prosecutor and stepped into a rewarding and lasting partnership with Harrington at the firm's offices on the twelfth floor of the Mahoning Bank Building.

Harrington and Huxley were soon joined in the partnership by

Charles Smith, a farm boy from Indiana who, like Huxley, had begun his legal career in Columbiana County before migrating to Youngstown. Smith, who was distinguished by his courtly manner, bow ties, and the distinctive nose glasses attached to a long black ribbon, was a skilled litigator and a spellbinding courtroom lawyer. As a new partner, Smith completed the perfect triad, and the elegant-sounding name, "Harrington, Huxley & Smith," would carry an aura of excellence that lasted until 1993 - forty-four years after the death of the last of the named partners.

With such capable partners, Harrington was able to devote a lot of time to his various business interests. His public utilities work still required much attention, and he became intensely involved in the work of the Pennsylvania-Ohio Power & Light Company - the predecessor to Ohio Edison. Its president, R.P. Stevens, later became nationally prominent as an organizer and promoter of large regional utilities such as Commonwealth and Southern and Allied Power & Light. When Stevens departed from Youngstown to follow his other expanding interests, the Board of Penn-Ohio elected Harrington to the presidency of the company.

By then, he had a vast knowledge of the utilities business, and the Board knew that Harrington would not be a mere figurehead. True to his nature, he was an assertive and aggressive executive. During his tenure at Penn-Ohio, he expanded the company's power grids into many previously unserved areas of Ohio and Pennsylvania, and he built power plants along the Ohio River that were needed to meet the demands of the growing number of companies that stretched along the vast industrial corridor from Pittsburgh through Youngstown to Cleveland. These moves during Harrington's presidency showed great foresight, and added to his reputation as a businessman who had the golden touch.

## II. THE RICHEST MAN IN TOWN

The photograph above may reveal some clues about Harrington the man. First and foremost, the photo seems to capture the intensity that he radiated. He had a strong seriousness of purpose and a fierce determination to accomplish tasks of significance. Nothing about him was frivolous or trivial, and he approached life with energy and vigor. He would surely note that his success was not handed to him, but derived from his capacity to process massive amounts of work, a habit which served him well as he mastered the complexities of utilities and corporate law. He was not loud or boisterous, but actually had somewhat of a reserved personality. He was unquestionably intelligent and intuitive, and he possessed innate leadership skills that enabled him to mobilize and inspire his colleagues and associates. He was tremendously generous, and over the years donated huge sums to various charitable enterprises. He was truly modest about his giving, though, and it pained him to receive any publicity or acclaim for his generosity.

One of his favored charities was Northside Hospital. He immersed himself in the affairs of the hospital and often strolled through the hallways, chatting with doctors and nurses, visiting patients, and making sure that their needs were being properly attended to. He had a soft heart. Behind the scenes, he was quick to wield his checkbook to bail out deserving friends or acquaintances who had fallen upon hard times. He also had a genuine and tender love of animals, and later in his life he spent a considerable amount of money and time in raising blooded saddle horses and pedigree

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dogs. Of the latter, his favorite was the cocker spaniel.

He remained a bachelor until the age of thirty-five, when he married a young lady named Grace Booth. Grace was a confirmed society blue-blood, the daughter of Lloyd Booth, a prominent local industrialist who founded the company that later became known as United Engineering. Grace bore two children, a daughter and a son. The son died in infancy; it was a tragedy that weighed heavily on Harrington for the rest of his life. To partly console himself, he always had an affectionate and close relationship with his daughter Florence. He also drew comfort from his relationships with the young men in the firm, and he watched over them with a paternal benevolence.

For a few years in the early part of his career, Harrington and his family resided at 1319 Ohio Avenue, a peaceful, tree-lined street in an area just north of Wick Park. By 1914, he had joined the elite class of residents on Millionaires' Row – at 678 Wick Avenue – three houses north of where the Arms Museum now stands in an area that has since been gouged out by I-680. His neighbors included some of the most recognizable names in the financial history of Youngstown – Wick, Tod, Arms, Ford, Pollock, Butler, and others. His close friend and business associate, Jonathan Warner of Trumbull Steel, resided at the corner of Wick Avenue and Spring Street in a mansion that was bulging with valuable artwork, exquisite furniture, and innumerable accessories befitting someone of Warner's wealth and prominence.

Into the decade of the 1920s, Harrington's own fortune was rolling up at a fast pace. As might be expected, the largest part of his wealth came from his public utilities investments. He had shrewdly followed the lead of his close business associate, R.P. Stevens, who had attained national prominence as a consolidator and financier of public utilities companies. In addition to his Penn-Ohio holdings, Harrington invested heavily in Stevens's companies, primarily Commonwealth & Southern and Allied Power & Light Company. As American industry soared during the 1920s, the demand for electric power was correspondingly heavy, and utilities stocks did exceedingly well.

Harrington was also a large stockholder of General Fireproofing, a local company that was gaining a national reputation as a producer of high-quality metal office furniture and accessories. GF's president, W.H. Foster, was a close personal friend of Harrington, and the two of them expertly guided GF into solid profitability. And because the stock was widely held among local residents, the cash from GF's reliable dividend stayed here in town. Later, though, as GF prospered and gained national attention, outside investors tried to entice local shareholders to sell out, but Harrington took a strong stand on this issue and persuaded his fellow shareholders of the importance of retaining local control of such a fine company. The shareholders wisely followed his advice. In light of the catastrophe of the Lykes and Sheet & Tube merger forty years later, Harrington's persuasiveness on the issue of local control was infinitely wise and eerily prescient.

In accumulating such a huge personal fortune, and in the success that he had with so many business enterprises, Harrington seems to have been almost infallible. He truly did have an amazing talent for being around the right people with the right ideas at the right time, and his ability to nurture the persons and ideas into successful ventures seemed to be an almost divine gift. For Harrington, un-

fortunately, there was one terrible blemish on his record that showed that he was quite human and quite fallible. The incident in question must have been especially troubling for him, because it involved one of his closest friends and the company in which he had so much pride.

From the time of its initial capitalization in 1912, the Trumbull Steel Company had grown and evolved into one of the most respected steel companies in the United States. By 1925, the company was one of the country's largest producers of sheet steel and tin plate. Its president, Jonathan Warner, was universally acclaimed as a brilliant executive and a public-spirited citizen. For several years, he had served as the president of the YMCA Board of Trustees. He was also an active member of and donor to the Community Chest, and he served on the boards of several prominent local companies. In 1923, when the City was experiencing a huge rift over the KKK's role in the mayoral race, many community leaders had urged Warner to enter the race as the candidate whose stature and reputation would quell the turbulence and bring respectability to the political scene. Warner was undoubtedly flattered by the endorsement, but he chose to remain in the private sector.

In the 1920s, the steel industry was in a period of transition, and consolidations and mergers were occurring with increasing frequency. Two local giants, Youngstown Sheet & Tube and Brier Hill Steel Company had merged with each other in 1923 and created the nation's third largest steel company. In the summer of 1925, it appeared that Trumbull would be merging with two Cleveland companies. At the same time, the company was preparing to raise additional capital through a public offering of bonds. While the prospectus was being prepared, the investment bankers discovered serious discrepancies in Trumbull's books. It appeared that the company had wildly overstated inventory values in an effort to hide shortfalls of cash. It was becoming obvious that a scandal was imminent.

At the time, Harrington was vacationing in Europe. He was immediately summoned, and took the first available ship home. By this time, rumors of the scandal began to trickle into the public domain, and Trumbull's publicly traded stock began to plummet. The crisis had begun. When Harrington arrived home, the first order of business was to confront Warner. Accompanied by James Campbell, the president of Sheet & Tube, Philip Wick and Asael Adams, prominent local bankers, Harrington went to Warner's Wick Avenue home for the showdown. The meeting must have been difficult and emotional. Each of the men knew Warner well – especially Harrington, who had been allied with Warner from the time when he and Warner had first capitalized the company in 1912. He had also been Warner's friend and neighbor. When confronted with the evidence, Warner confessed. He had embezzled millions in support of his lavish lifestyle. In the process, he had betrayed his friends and his community. Before leaving Warner's home that evening, Harrington demanded that Warner assign all of his assets into a trust for the benefit of Trumbull shareholders. Warner complied.

With Warner's confession, the first task was to save the company from receivership. To maintain public confidence in the enterprise, Campbell, Wick, and Adams were appointed to an executive committee to run the company in place of Warner. As for Warner him-

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self, he was given the ultimate punishment – exile. He immediately departed and did not return until 1934 when he died and his remains were brought here for burial. In the aftermath, there were no indictments, no recriminations, no political posturing. The importance of the task at hand overrode all other concerns. Harrington's role in the rescue of Trumbull was crucial. He served as the trustee overseeing Warner's personal assets, and began an orderly liquidation of Warner's property with a memorable, publicized auction at Warner's Wick Avenue home.

A more challenging task was disposing of Warner's massive country estate on Warner Road in Liberty Township. True to his gold-plated lifestyle, Warner had built an exquisite mansion on 700 acres. Harrington somehow had to find a buyer who had the resources required to own and operate such a massive estate. When it became apparent that there were no buyers who could afford the purchase, Harrington himself bought the property. By his purchase, he was able to recover almost all of the funds that Warner had diverted.

Harrington blamed himself for the Trumbull Steel crisis. He knew, as a director, as a major shareholder, as counsel to Warner, that he had not been sufficiently vigilant in watching over the company's affairs. In a later era, Harrington and the board probably would have been severely chastised for their lack of diligence, but in this case, the board was not blamed. Warner's deviousness had caught everyone by surprise, and there was little finger-pointing afterward. Everyone had lost. Harrington himself could easily weather the paper losses caused by the precipitous drop in the value of the company's stock, but he worried about his many friends and associates who had lost a substantial portion of their wealth as a result of the affair. In several instances, Harrington personally repurchased at a premium some of the shares owned by friends who needed the liquidity.

While Campbell, Wick, and Adams watched over the operating details of the company, Harrington worked behind the scenes to arrange the financial rescue of the company. In this task, Harrington's large "rolodex" of business associates was invaluable, and he connected quickly. His work in the utilities field had brought him into contact with a brilliant businessman from Cleveland named Cyrus Eaton. Eaton had been a protégé of John D. Rockefeller, and like Harrington, Eaton became prominent in the field of public utilities. As Eaton rose to prominence in the 1920s, he evolved into an investment banker and financier, and by the time of the Trumbull Steel crisis, Eaton had been looking to establish a foothold in the steel industry. The timing was right, and at once, Eaton and the Mather family of Cleveland placed a large infusion of cash into Trumbull.

As a condition of their investment, Eaton and the Mathers were given the option of selecting a replacement for Warner as the president of Trumbull Steel. Mr. Campbell made it known that he wanted an experienced steel executive for the position. Wick and Adams agreed. The recommendation seemed logical, but Eaton believed he had already found the best man for the job. In December of 1925, just three months after Jonathan Warner's departure, the new board of directors elected a president. His name was John T. Harrington.

The appointment was a testament to Harrington's standing in the business world. With this appointment, he was now the chief ex-

ecutive officer of two large corporations – Penn-Ohio Power & Light and Trumbull Steel. To Harrington's credit, Penn-Ohio was in excellent condition and could operate without Harrington's day-to-day presence. Trumbull, however, did require his immediate attention. For the short-term, he had to restore investor confidence and reassure customers that the company was back to normal. Harrington undertook these tasks with characteristic energy. He especially concentrated on recharging the sales force, and often he would make personal sales calls when the company was pursuing a large order. Over time, the company did make a complete recovery, and those stockholders who rode out the storm would see the day when the value of their investment would be completely restored.

Meanwhile, Cyrus Eaton was emerging as a powerful force in the steel industry. He eventually gained control of Republic Steel, which owned the former Brown-Bonnell plant near downtown Youngstown and the former Andrews plant in the Haselton area south of Youngstown. In the coming years, Eaton consolidated several other companies under the Republic umbrella, and eventually, Republic would become one of the nation's largest steel producers. In 1929, Republic acquired Trumbull Steel, and thus ended Harrington's successful tenure as president.

Eaton's esteem for Harrington continued afterwards as Eaton brought Harrington into his inner circle of closest advisors. By 1930, due mainly to Harrington's influence, Eaton chose Youngstown as the corporate headquarters of Republic Steel.

### III. LEGACY

In 1930, the City of Youngstown was the headquarters of the third and fourth largest steel companies in the United States. These companies were, of course, Youngstown Sheet & Tube and Republic Steel. With Sheet & Tube located in the Stambaugh Building, and Republic Steel located across the street in the Central Tower, it is interesting to ponder how such a small town could contain so much economic might within one small city block.

The Depression was the great turning point that seemed to end Youngstown's 70-year streak of good luck. For men such as John Harrington, the Depression was an especially bitter experience. For all of his career, he had been among the best of those visionary capitalists who led Youngstown into such a glorious era.

As the Depression deepened, Harrington's immense talents were devoted to preserving everything that he and the others had built over the preceding decades. When the First National Bank and the Commercial National Bank both failed in 1931, Harrington led the rescue effort. He and other prominent citizens were able to raise the needed capital which enabled the two banks to merge themselves into the Union National Bank, a solid institution that endured for many years as one of Youngstown's strongest banks. Many other companies weren't as fortunate and didn't survive, but the ones most closely affiliated with Harrington – Republic Steel, GF, Ohio Edison, Mahoning Bank, and others -- pulled through.

In January of 1932, Harrington and his daughter Florence departed on a world cruise. Surely, the time away would be a welcomed respite from the discouraging events that were battering his beloved city. He and Florence embarked from New York, continued southward through the Panama Canal to California and then

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to Australia. From there, they were to have sailed through the Indian Ocean and up the Suez Canal to Europe, to return home in April.

Then came the shocking front-page headline on the Sunday *Vindicator*, February 28, 1932: "JOHN T. HARRINGTON DIES SUDDENLY." He had died in Sydney, Australia. During the voyage across the Pacific, he had contracted a severe ear infection, which worsened rapidly and triggered a fatal attack of meningitis. He was fifty-eight years old.

After a month-long journey home, his remains were brought to his Warner Road estate for a dignified funeral. Then he returned to his birthplace, Rock Creek in Ashtabula County, where he was

buried beside his parents.

Although he never served in public office, John Harrington was nevertheless a true statesman. Through his work in the private sector, he helped to create the enterprises that created the revenue that created the paychecks for tens of thousands of citizens of Youngstown and elsewhere. And while he did amass a tremendous personal fortune, he also made the quality of life better for so many others. As a leading member of the Bar, he was a shining example of integrity and professionalism, and the respect that he commanded reflected well on the rest of the profession. His life was far too short, but it was extraordinary. John T. Harrington was one of the towering figures of Youngstown's golden era.

*By Jay Blackstone*

### Thoughts from a Once-Depressed Lawyer: Asking for Help is a Strength

*This article was published in the Spring 2020 issue of the Columbus Bar Lawyers Quarterly. Our Lawyers' Assistance Committee asked Legalines to share this article with any of our own Bar members who themselves may be silently enduring the debilitating effects of the unforgiving malady known as depression (please see back cover for help). YOU ARE NOT ALONE. The article's author is Anonymous.*

#### Last Year

I'm not ready to be open about this because I'm afraid of the repercussions, so I will remain anonymous. You see, depression isn't treated the same as other illnesses. It carries a stigma with it.

I graduated from law school and soon became an attorney who won more cases than lost. I've helped people get their homes back, saved some from domestic violence and assisted single mothers get the support they need for their children. I've accomplished much more than others at this point in my life. Yet, I find it difficult to celebrate my victories. I don't believe I am as successful as others think I am. There's a voice inside of my head that tells me that people are just being nice. I'm not really that successful. Anyone can do this.

At most times, I loathe myself. I try to get back up, but fail, and that makes me feel even worse about myself. When I go home, I isolate myself from everyone else. All I want to do is sleep so I don't have to think.

Some treat me as if I can just snap out of it, and that it's all in my head. I wish that were the case.

Sometimes I think about suicide, but I know I would never go through with it. I couldn't do that to my family. It would be so nice, though, to be able to relax and not feel as if I'm constantly in a relationship with a black cloud. I don't want to feel this way. I miss the days of laughter and fun. Why can't I get back to being me?

#### Today

I have severe depression. It affects the way I think, and it's a major burden on my life... but that doesn't mean I can't fight it.

After staying in bed for three days straight, I decided I had to do something about my mental state before I hurt my family or my clients became victims of a negligent lawyer. I sought help, and it was worth it.

Reluctantly, because I thought no one would ever be able to help me, I called the Ohio Lawyers Assistance Program. From the moment the friendly clinician answered the phone, I had hope. I told her how I found it difficult to be happy, to get out of bed and go to work, even though I used to love helping people. She listened as I spilled out all of the negative thoughts and inner feelings that I had kept inside for so long. Just being able to unleash those words was the first step in healing. She invited me in for an assessment, and I took the first available appointment.

OLAP guided me through the tough journey of treating depression. There is no miracle cure for this mood disorder, but you can get through it with the right treatment plan. OLAP recommended that I see a psychiatrist and a counselor. The psychiatrist assessed me to see if I needed to take medication, and I saw a counselor once a week for cognitive therapy, where I talked about my thoughts and the therapist taught me how to reverse my negative thoughts. After a year of cognitive treatment, I can say that I am now depression-free and am living a happy life.

I can't say it was easy, but it was worth it. OLAP did not forget about me after that first assessment. They made sure to check up on me at least once every two weeks. I also had to check in with them so that they knew I was following my treatment plan. Knowing that I had people fighting for me was also helpful in my recovery.

Because OLAP is confidential, they did not have to disclose my depression to my employer, which eased my stress level about what my employer would do if they found out I was ill with depression.

If you suffer from depression, you are not alone. Twenty-eight percent of attorneys struggle with some level of depression, and nineteen percent show symptoms of anxiety. YOU ARE NOT ALONE.

Depression is an illness that needs medical treatment. It cannot be cured on its own. I hope that more people begin to realize this. Most people living with depression are afraid to tell others about it in fear of being labeled as crazy or unstable. We need to educate the public about depression and how it needs to be treated as any other illness or disease.

As lawyers, we work together to help clients, to change laws. It's time we also work together to end the stigma of mental health.

#endthestigma    Anonymous