

Joshua Margolin Discusses Making Partner at Selendy & Gay Amid Depression Battle

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In 2019, Joshua Margolin was struggling with his mental health and beginning to seriously consider leaving the practice of law. But when the seasoned litigator opened up to his family, colleagues and mental health professionals, his outlook improved and he wished he'd reached out sooner.

Now Margolin wants other lawyers to know there's no shame in asking for help. He serves on the New York City Bar Association's Lawyer Assistance Program, which provides support to those in the legal industry struggling with mental health issues, and is mentoring a young attorney referred by the bar who needed supervision before becoming eligible.

At his own firm, Selendy & Gay, Margolin and his partners are working on initiatives to encourage open dialogue about mental illness and increase access to resources. And after pandemic restrictions lift, he hopes to organize a meeting where different firms can discuss ways to improve attorney mental health.

Margolin spoke with Law360 Pulse about his experience battling depression and anxiety, what made him finally seek help, and how the legal community can reduce the stigma of mental illness in law.

Read the [full interview here](#).

Attorney

- Joshua S. Margolin