

## NEWS & INSIGHTS

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### AMBER THOMPSON DISCUSSES MENTAL WELLNESS AT UNIVERSITY OF ARKANSAS SCHOOL OF LAW BLSA EVENT

February 17, 2026

Lightfoot, Franklin & White associate **Amber Thompson** was a panelist for the University of Arkansas School of Law Black Law Students Association's "Black Mental Wellness in Law" event on Feb. 4.

Pulaski County Circuit Judge LaTonya Austin-Honorable and consultant and business owner Shun Strickland joined Thompson on the panel. They discussed strategies for managing mental health challenges while practicing law, and the importance of setting boundaries, seeking support and building sustainable wellness habits throughout a legal career.

Thompson represents international automotive manufacturers, a leading wheelchair maker, a Fortune 100 natural oil and gas company and a multinational conglomerate against product liability, environmental and toxic tort litigation nationwide. She has been named to the National Black Lawyers, "Alabama's Top 40 Under 40 Lawyers" list.