



MENTAL HEALTH IN ACADEMIA

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STRUGGLING WITH MENTAL HEALTH IS UBIQUITOUS IN ACADEMIA

UC Berkeley Mental Health Surveys

2004: Almost half reported struggling with mental illness

2014: 47% met threshold for depression

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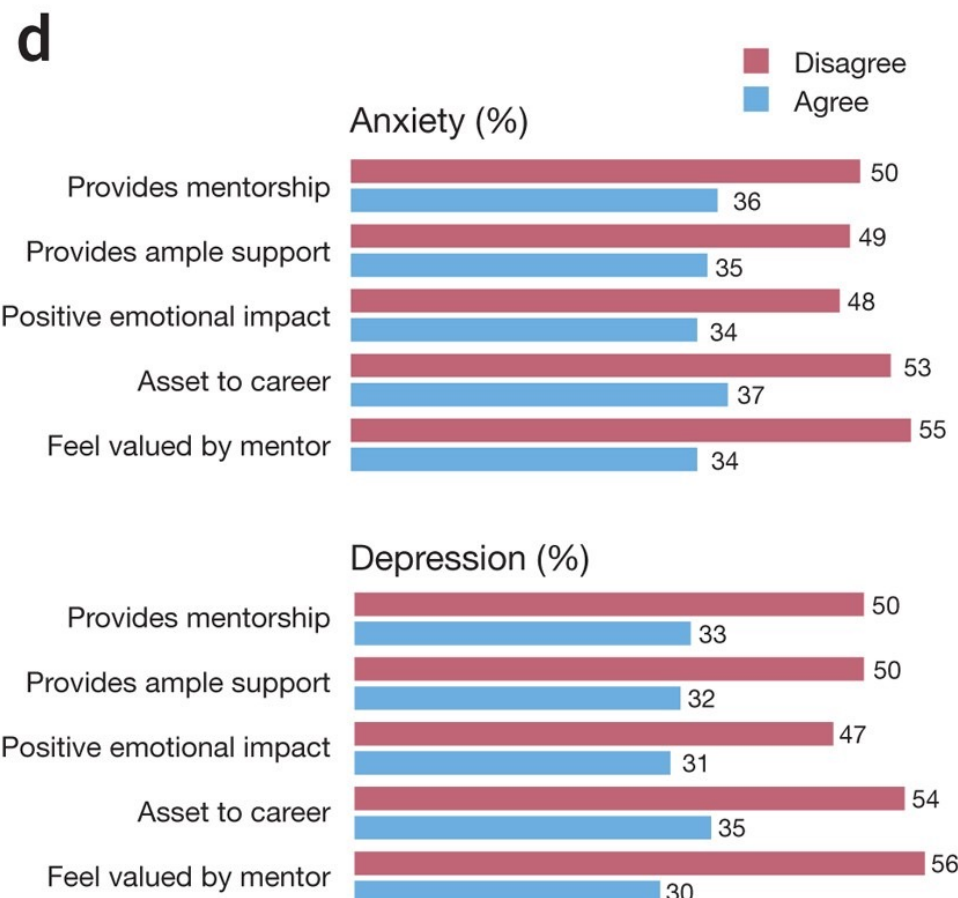
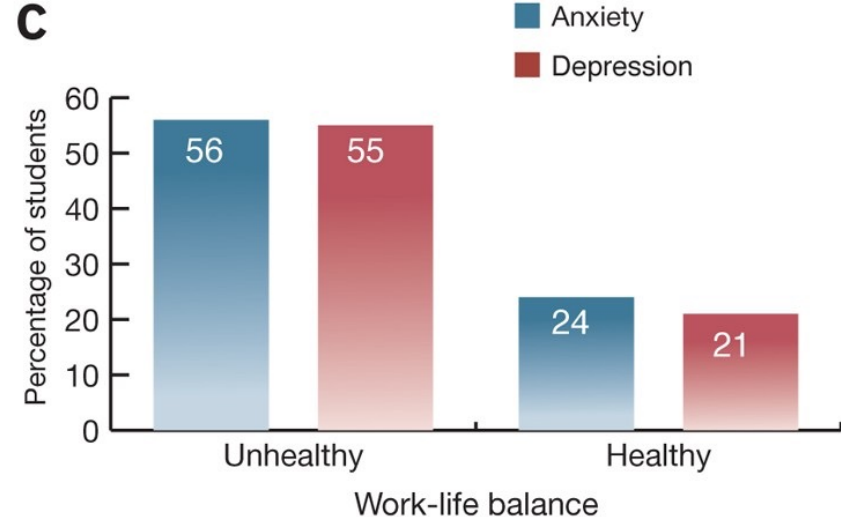
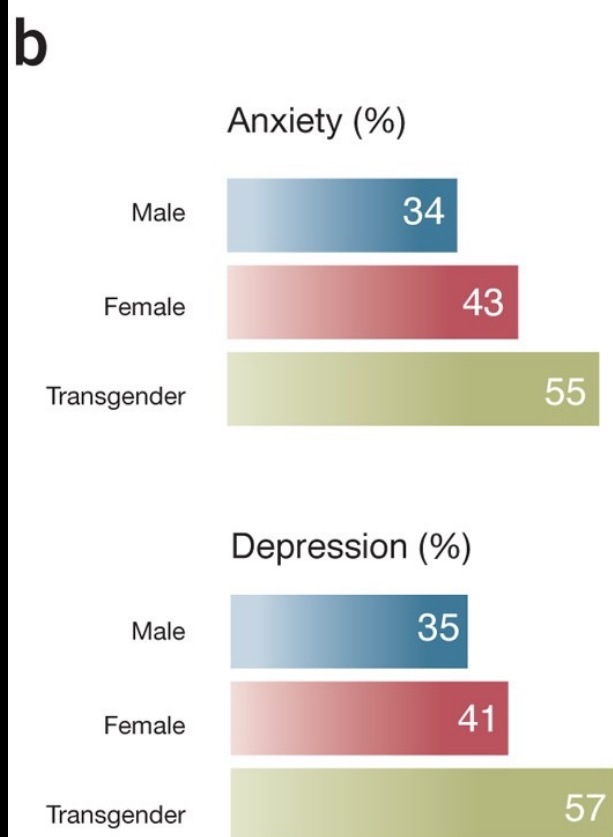
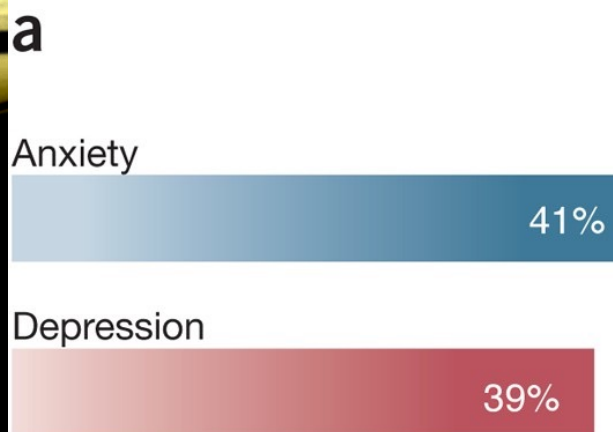
Study of 3000 Belgian grad students found risk of mental illness higher in academia than in other highly-educated groups

Nature study:

2,279 graduate students surveyed (90% PhD students)

26 countries, 234 institutions

Biological/physical sciences (38%), humanities/social sciences (56%), engineering (2%), and other (4%)





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→ **Supportive mentors and healthy habits are key to maintaining mental health in graduate school**



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- Train advisors to better support students
- Improve graduate student living conditions (wages, expected hours, etc.)



MENTAL HEALTH AS A SYMPTOM OF A DYSFUNCTIONAL SYSTEM

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Other linked symptoms include:

- Imposter syndrome
- Burnout



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Seek therapy!!!



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Support your peers!!



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