

# Mental Health in Academia

Molly Finn  
AST 8500  
April 24, 2018

# The Numbers

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  - Study by RAND Europe in UK found >40% show signs of depression
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You are not alone!

# Reasons Why

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- Learn to recognize signs and talk to peers

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1. Talk with friends from work
2. Record success, especially personal contributions to that success
3. Notice and label feelings of self-doubt, and talk about them



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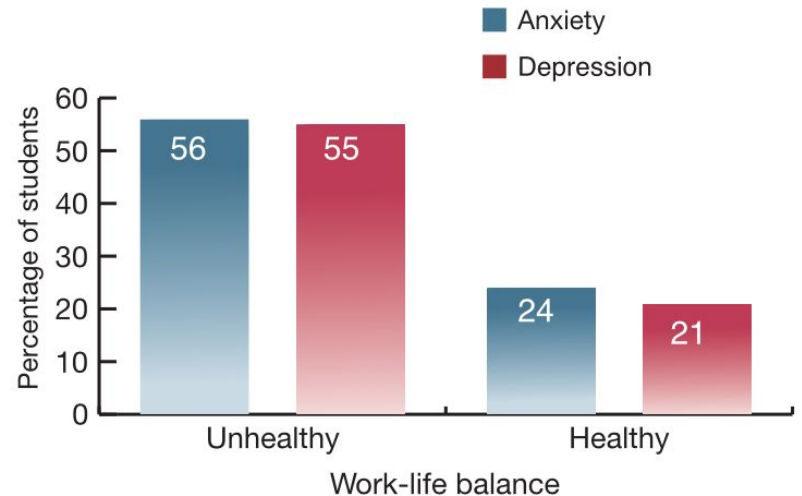
- Linked to imposter syndrome, depression, and anxiety
- More prevalent in our generation than previous ones
- Can be adaptive and helpful
- Or can be maladaptive and detrimental
  - Anxiety
  - Avoiding new things
  - Reduced life satisfaction

# Work-Life Balance

- Studies show taking time off helps you get more done
  - Corporate Executive Board study showed those who said they had a good work-life balance worked 21% harder while at work
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- Reduces chances of depression and anxiety



# Resources

Several sources of free counselling and therapy for UVa students:

<https://studenthealth.virginia.edu/sites/studenthealth.virginia.edu/files/UVaMHResourcesWebsiteFinal.pdf>

# Counseling and Psychological Services (CAPS)

Free services for UVa students

- Online assessment
- Graduate Student group therapy sessions
- Individual counselling sessions can address wide variety of topics
  - Doesn't have to be urgent
- 24-hour emergency number: **434-243-5150**



# References

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