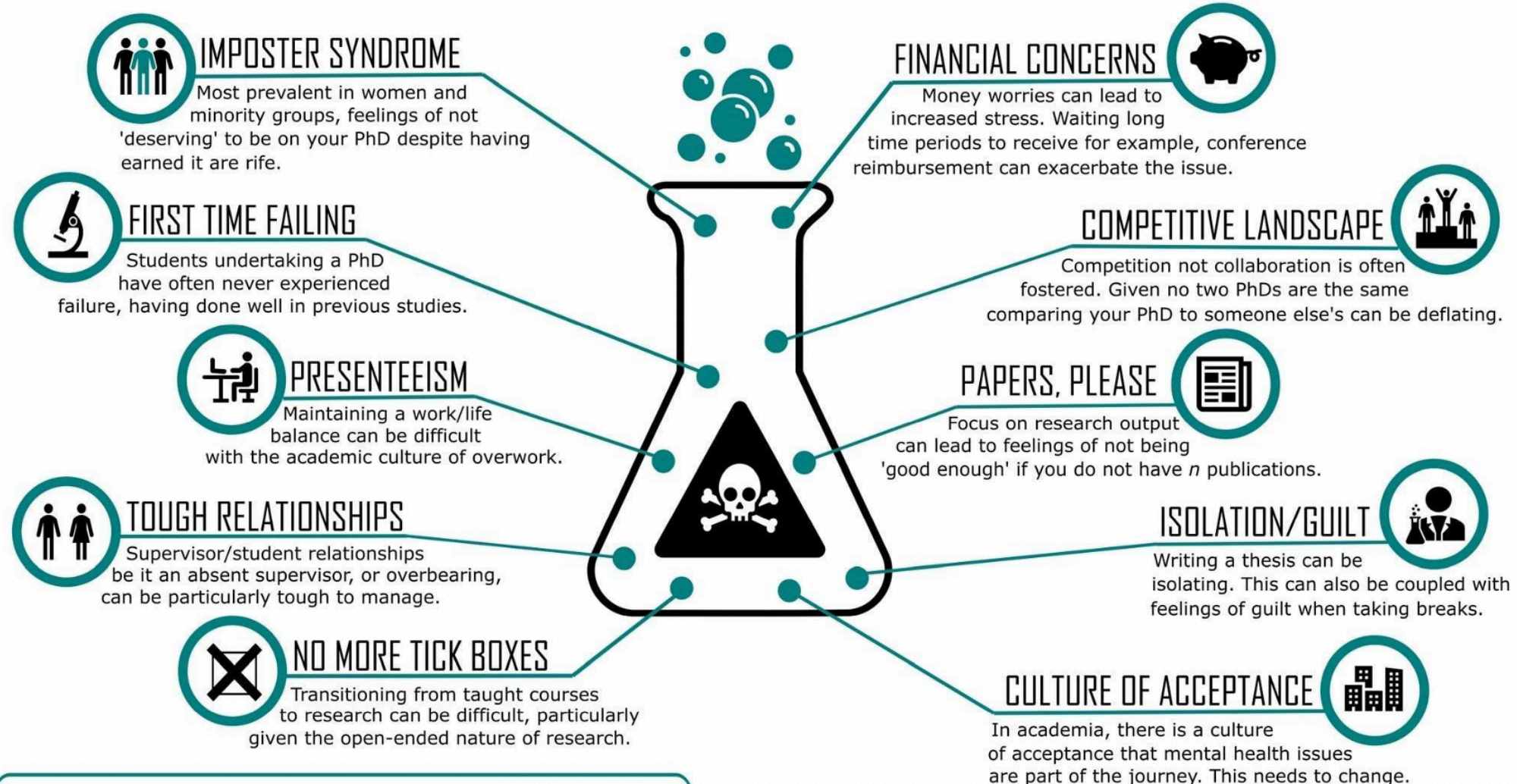


MENTAL HEALTH DURING YOUR PhD THE TOXIC MIX

A study by the University of California, Berkeley, found nearly half of postgraduate students met criteria to classify them as depressed.¹

This poster explores the common stressors that PhD students may be exposed to during their PhD.



SELF-HARMING?
SUICIDAL THOUGHTS? CALL SAMARITANS NOW ON 116-123

Part of the #mentalhealth series by Dr Zoe Ayres (@zjayres). Free to distribute.

Reference: 1. Graduate Student Happiness & Well-Being Report, 2014, University of California, Berkeley.