

PERILS OF A POSTDOC MENTAL HEALTH AWARENESS

This poster explores some of the common stressors that postdoctoral researchers experience on their climb for academic excellence.



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

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

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