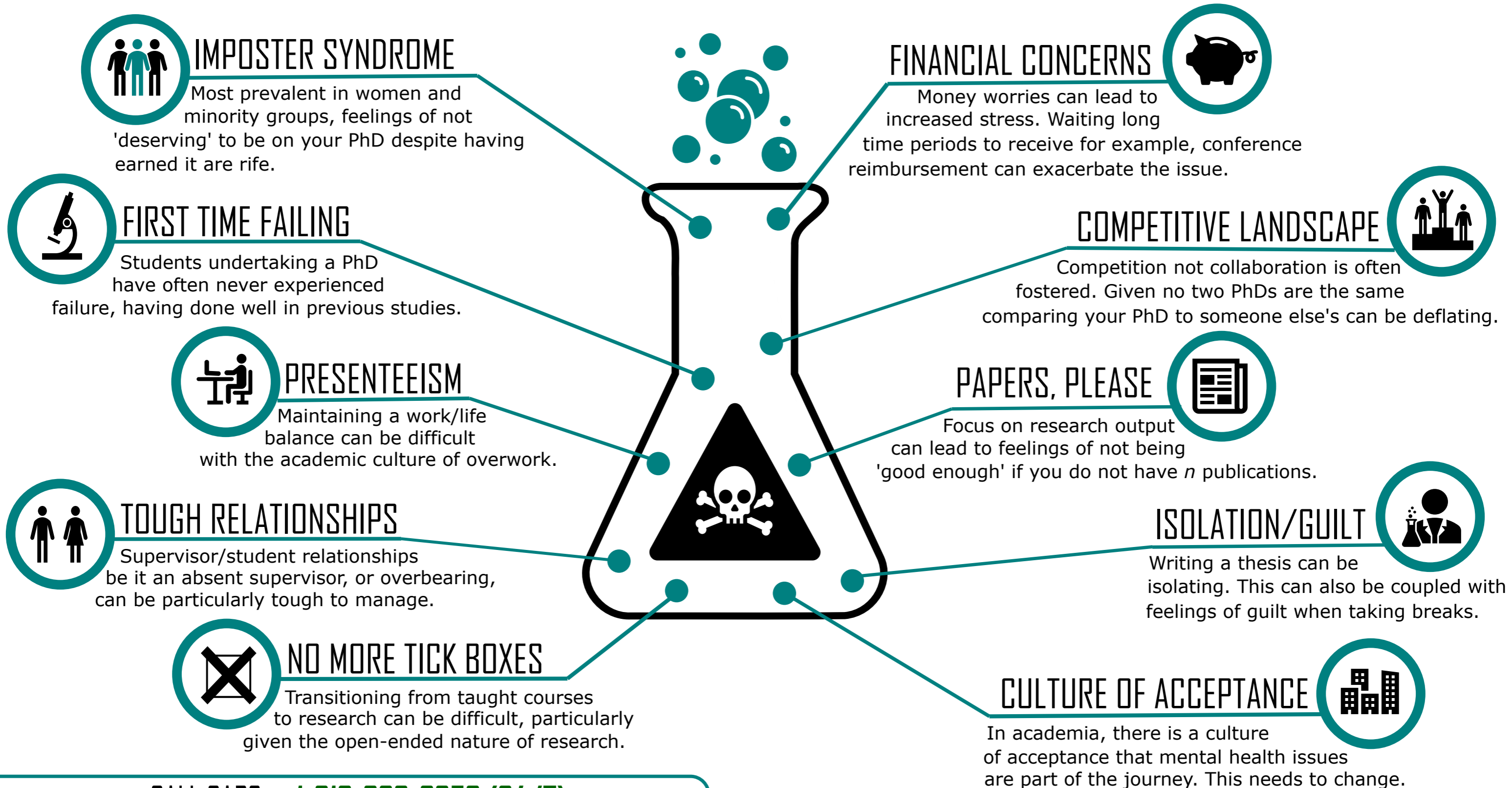


MENTAL HEALTH DURING YOUR PhD THE TOXIC MIX

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?
NEED HELP?

CALL CAPS at **1-919-966-3658 (24/7)**

National Suicide Hotline at **1-800-273-8255 (TALK)**

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