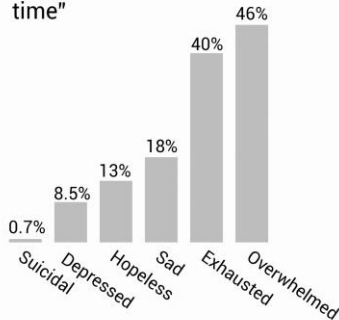


# GRADUATE MENTAL HEALTH RESOURCES AND FACT SHEET

## FACTS:

Percentage of graduate students expressing the following emotions "frequently" or "all the time"



45%

of graduate students report having an emotional or stress related problem over the past year

50%

of self-reported suicide attempts are made by STEM graduate students

## IF YOU ARE FEELING ANXIOUS, OVERWHELMED, OR DEPRESSED, YOU ARE NOT ALONE

- Approximately half of PhD students<sup>1</sup> and faculty<sup>2</sup> exhibit clinical levels of depression. This rate is three to four times greater than the general population<sup>3</sup>.
- 40% of academics consider leaving their jobs on at least a weekly basis<sup>2</sup>.
- Certain groups, such as LGBTQ+ folks, seem to be especially at-risk for the feelings of cultural exclusion that can lead to lower life satisfaction in grad school<sup>1</sup>.
- Among grad students<sup>1</sup>:
  - **Inadequate sleep** is the number one predictor of depression
  - **Stressful living conditions** is the primary predictor of poor life satisfaction
  - **Social support**, including feeling valued and included, is a top predictor of both depression and life satisfaction.

## What can you do?

- Mindfulness and yoga have been shown to reduce stress and increase quality of life<sup>4</sup>
  - UConn's Wellness and Prevention Services regularly offers free yoga classes
- Social support is key
  - Join community groups, clubs, cultural centers, or attend GSAC social events!
- Get some sleep!
- Maintain a work-life balance
  - Grad student Writing Retreats through the Writing Center offer bounded work time so you can spend the rest of your weekend relaxing, guilt-free
- Practice exercise and healthy habits
  - Physical health is a major predictor of mental health<sup>1</sup>, so eat nutritious food, take a Body Wise class at the rec center, or take a walk around this beautiful campus when you start to feel overwhelmed
- Engage in proactive, respectful dialogue with your advisor about expectations, feedback, and performance
  - If you have issues with your advisor, you can always seek the help of another faculty member, your division head, the associate head for graduate studies, the department head, or the UConn Ombuds, who is trained to act as third party advice for situations of conflict

## Student Group and Inclusion Services:

**Graduate Student Advisory Committee (GSAC):** <http://grad.psych.uconn.edu/gradresources/gsac/>

- Venue for psych grad students to develop ideas and provide feedback for the department

**Veteran's Affairs and Military Programs:** <http://veterans.uconn.edu/>

- Provides support to service members such as benefits processing and community outreach

**Graduate Students of Color Association:** <http://gsca.rso.uconn.edu/>

- Cultural organization that advocates for the success of underrepresented graduate students at UConn

**International Student and Scholar Services:** <http://iss.uconn.edu/>

- Provides counseling and support to international students on immigration or visa issues, cultural adjustment, and cultural activities

**Cultural Centers:** <http://studentunion.uconn.edu/cultural-centers/>

- Link above provides the full list of cultural centers in the Student Union

## Health Services:

**Wellness and Prevention Services:** <http://wellness.uconn.edu>

- Helps students achieve lifelong well-being through services and events

**UConn Recreation:** <http://recreation.uconn.edu/>

- Offers outdoor activities, club sports, fitness classes, competitions and special events

**Counseling and Mental Health Services:** <http://counseling.uconn.edu/>

- Provides both counseling and psychiatric resources, depending on your circumstances, and can refer you to an outside provider if you are worried about anonymity in the UConn psychology community

**Center for Students with Disabilities:** <http://csd.uconn.edu/>

- Provides accommodations support for those with a documented disability, including mental health, such as alternative testing environments or formats, as well as extensions on assignments or projects.

## Professional Services:

**Career Center:** <https://career.uconn.edu/graduate-students/>

- Provides events and one-on-one training for interviews, application materials, and job search advice

**UConn Ombuds, Jim Wohl:** <http://web9.uits.uconn.edu/ombudsman/>

- A neutral and confidential resource for students and employees to address conflicts and facilitate productive communication

**UConn Graduate Employee Union (GEU-UAW):** <http://uconngradunion.org/>

- Organizing union representing all GAs, TAs, and RAs that engages in collective bargaining with UConn and offers contract grievance support.

**Office of Institutional Equity:** <http://equity.uconn.edu/>

- Enforces non-discrimination and anti-harassment policies

## Crisis Services:

**24/7 On-Call Crisis Services at UConn:** 860-486-4705

**Suicide Prevention National Lifeline:** 1-800-273-TALK

**UConn Consultation and Support Drop-In Hours:** Mon-Fri, 1-2 PM