GRADUATE MENTAL HEALTH RESOURCES AND FACT SHEET

FACTS:

- Approximately half of PhD students\(^1\) and faculty\(^2\) exhibit clinical levels of depression. This rate is three to four times greater than the general population\(^3\).
- 40% of academics consider leaving their jobs on at least a weekly basis\(^2\).
- 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\(^1\).
- Among grad students\(^1\):
  - 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\(^4\)
  - 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 boundaried 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\(^1\), 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

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

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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://issss.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

References: