



Scholar Minds

A mental health network for Berlin's scholars

MENTAL HEALTH of PhD students

"Mental health crisis in academia"

PhD students are six times more likely to suffer from depression and anxiety

(Evans, Bira, Gastelum, Weiss, & Vanderford, 2018)

Psychological support highly needed

36% have sought help for depression or anxiety caused by their PhD (Woolston, 2019)

Letter of ECRs to Berlin Universities

Stop publication pressure! Otherwise our mental health and the quality of research suffers



Tagesspiegel Wissen&Forschen
@TspWissenschaft

...

Ein Offener Brief von Promovierenden der Berlin University Alliance, der sicher ein großes Echo hat: Befreit uns vom extremen Publikationsdruck! Sonst leidet unsere seelische Gesundheit - und die Qualität der Forschung. [@BerlinUAlliance](#) [@ChariteBerlin](#)

[Translate Tweet](#)



MENTAL HEALTH in pandemic times

Mental health of college students negatively affected by Covid 19

71% indicated increased stress and anxiety

(Son, Hegde, Smith, Wang, & Sasangohar, 2020)

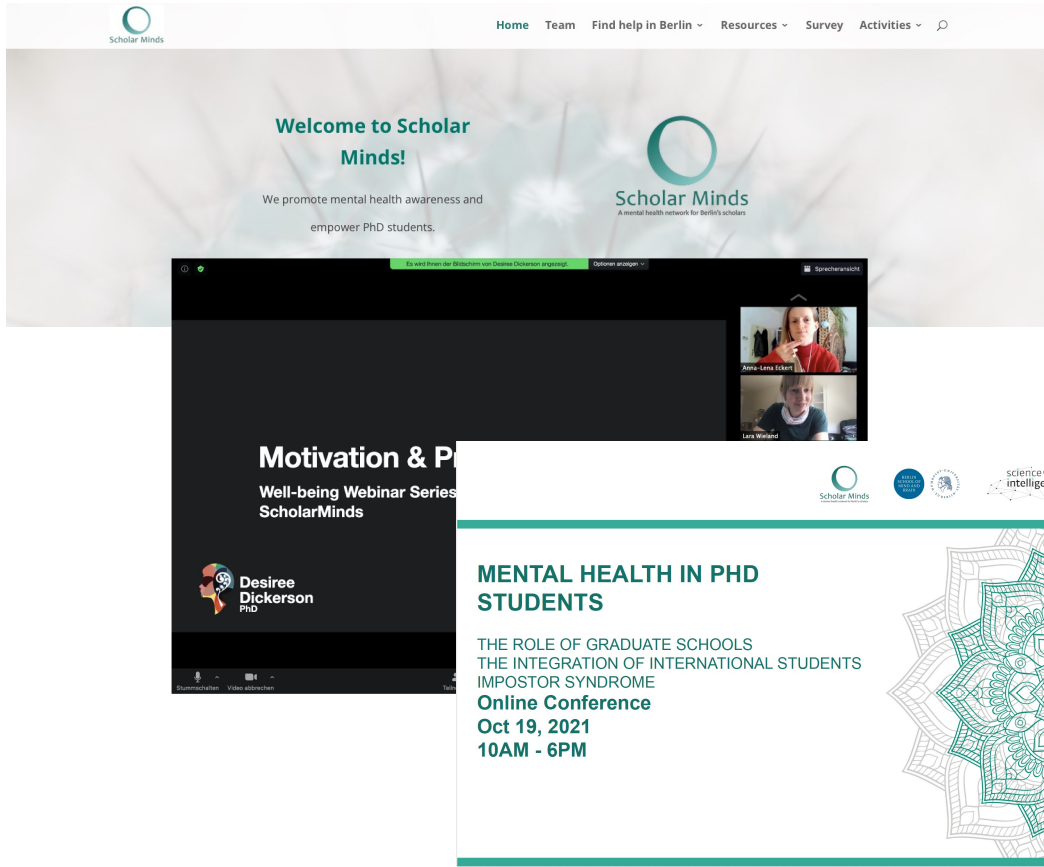
Detriemental effect in healthy adults

High level of depression and anxiety symptoms after 1 month of home isolation

(Amendola, Spensieri, Hengartner, & Cerutti, 2021)



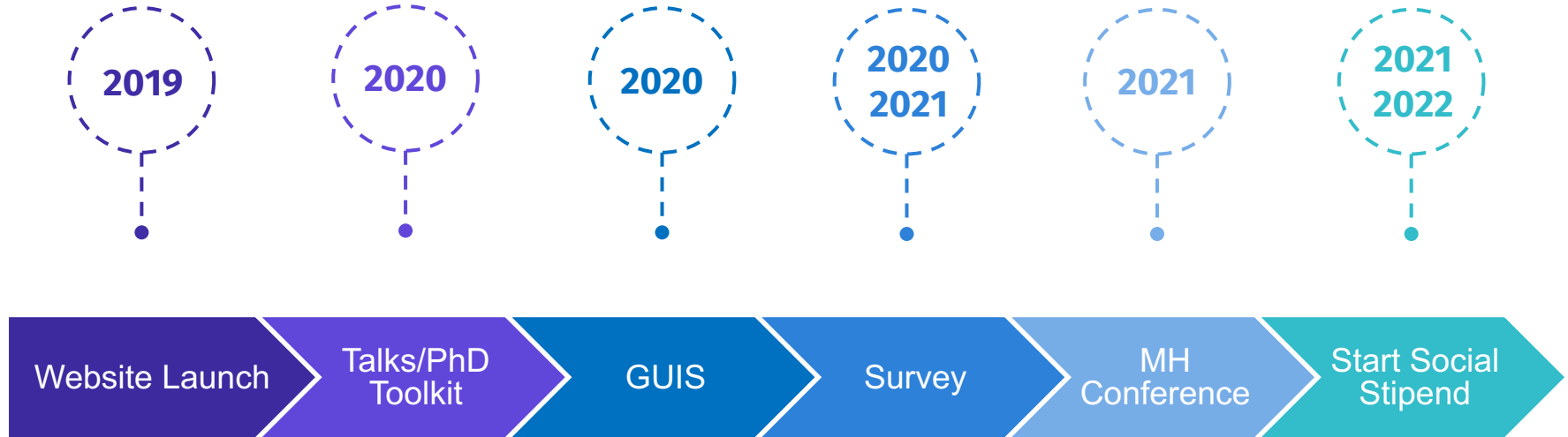
What is Scholar Minds?



Doing a PhD is a challenging task - this adventure can take a toll on your mental health.

Scholar Minds is a non-profit initiative created by PhD students for PhD students.

What we did so far...



Scholar Minds - Initiative's goals



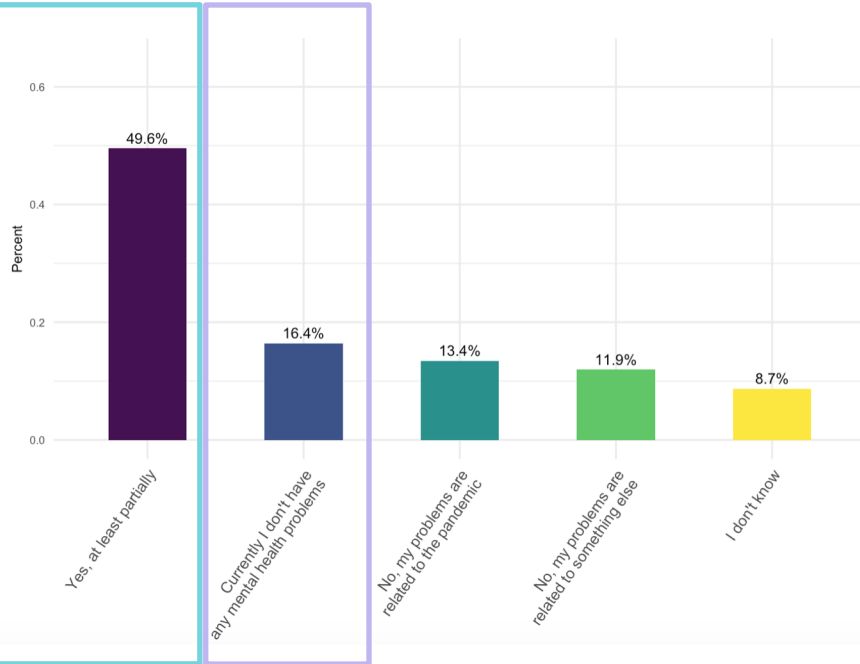
Assemble mental health resources on the initiative's website

Assess the status quo of the doctoral students' mental health in the Berlin neuroscience community

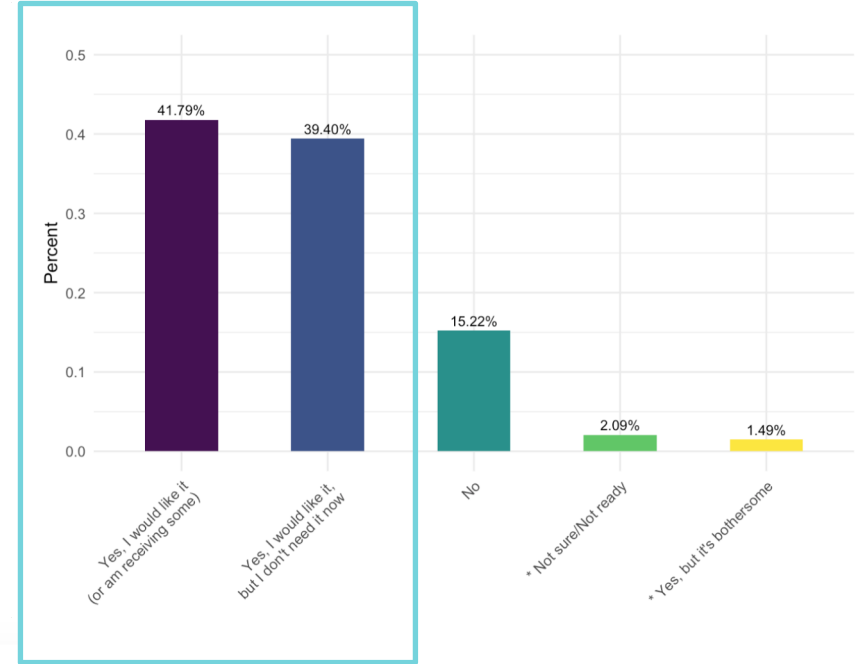
Organize different events on the topic of mental health and PhD

Scholar Minds survey

Do you think your current mental health problems are related to your PhD?

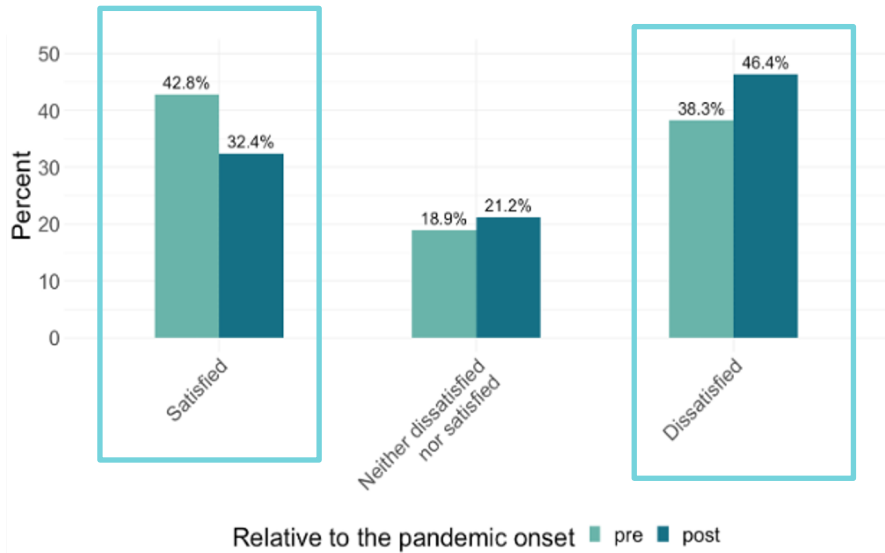


Would you be interested in receiving psychological support?

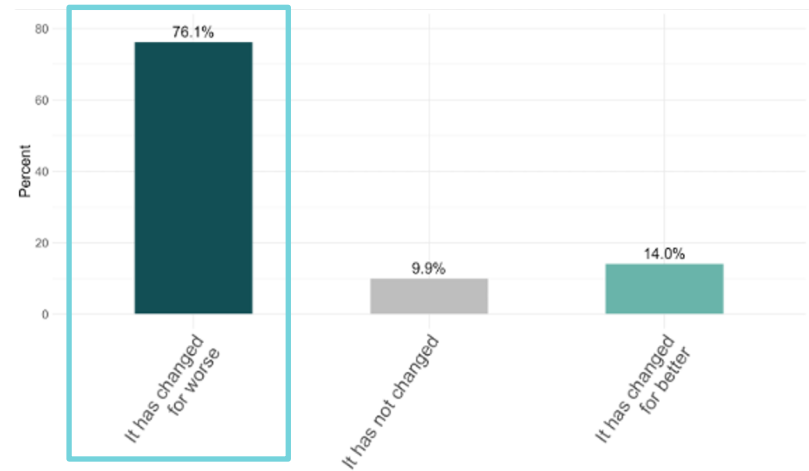


Scholar Minds survey

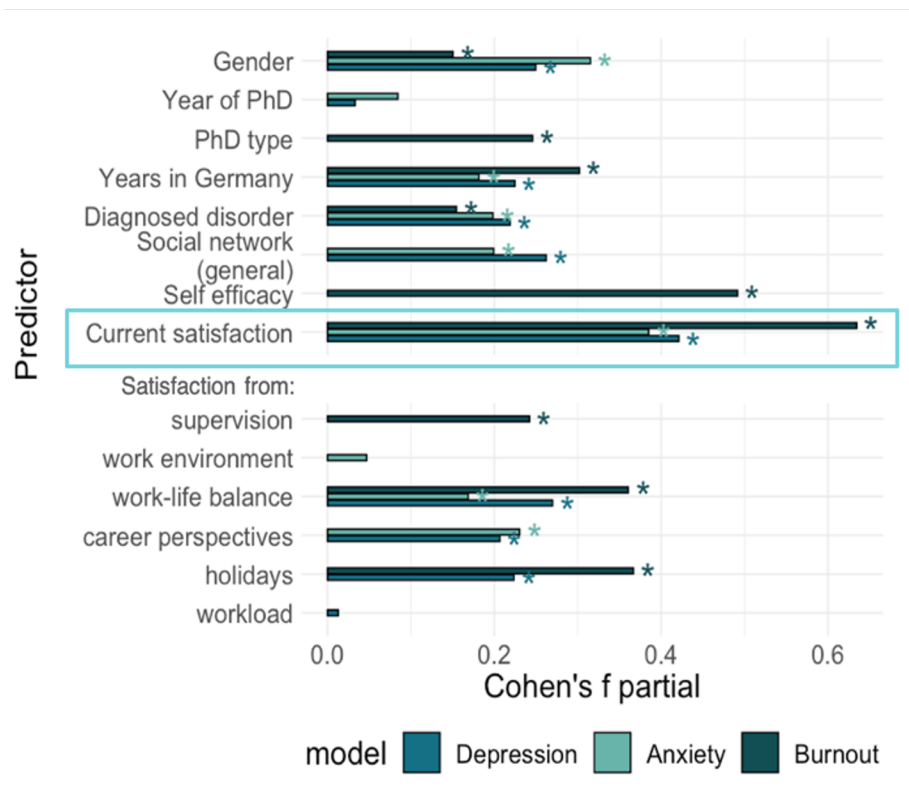
Overall satisfaction with PhD before and after the pandemic



Mental wellbeing in the pandemic relative to pre-pandemic

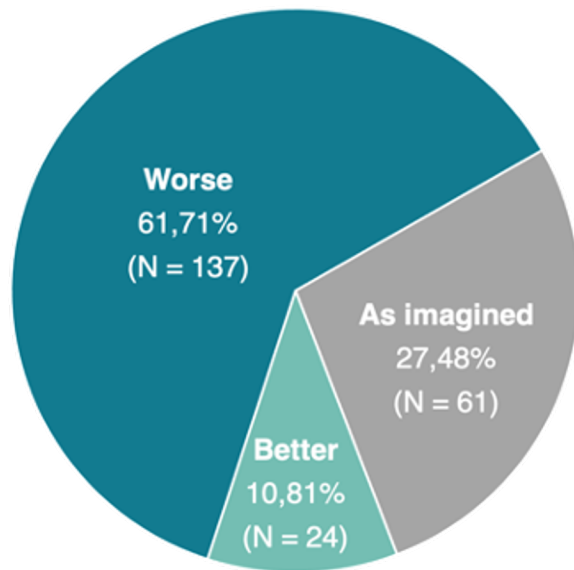


Scholar Minds survey

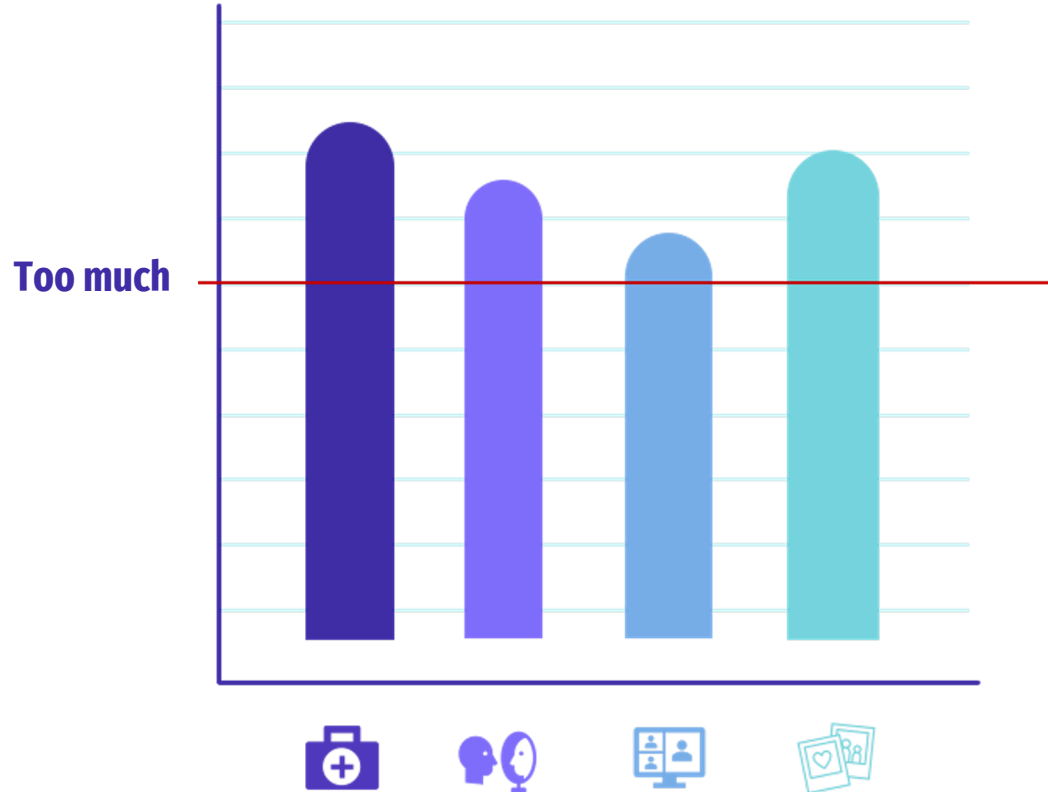


Scholar Minds survey

Was the overall experience of your PhD the way you imagined it before you started?



Time to get help



Suffering

- You
- Your environment

Restrictions

- Personal
- Work/University
- Relationships
- Etc.

Check out our website: <https://www.scholar-minds.net/find-help-in-berlin-2/>

Lessons learnt from our PhD



Compare yourself with a former version of yourself (not with others)



Nothing is as urgent as it seems



You are not your PhD



If people are better at something it's because they failed more often



Choose your metric



Fight for yourself



Always think about things that you have already accomplished - and things you will accomplish after you PhD.



How to contact us



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