

Mental Health in Academia – Strengthen Your Mental Health

Objective

Working in academia can be as stressful and demanding as all other sectors of the modern working world - if not even more so. Most of us who are working at a university know colleagues, students or supervisors dealing with mental health problems, which leads us to the intriguing question of how can we protect our personal mental health? And what can we do, if we are concerned about the state of our personal mental health? In this eLearning unit you will start to learn about the topic of mental health in academia, gradually building up awareness of this important, yet little discussed topic.

Description

- Learn about what could harm your personal mental health
- Which topics influence the mental health of people working in academia
- What are the consequences of the impairment of mental health
- Strengthen your own mental health

Conditions

In cooperation with TwentyOne Skills, GRADE offers about 35 asynchronous online courses.

The 3-month sessions start at the beginning of January, April, July and October.

Registration is possible at any time. Confirmed participants can access the courses for 3 months at the online platform of TwentyOne Skills. The current registration link can be found here: <https://tinygu.de/en21skills>

TwentyOne Skills



Organizational Information

Language / Format	English / Online
Target group	Doctoral Candidates at all stages and Postdocs (R2/R3) from all faculties
Duration	Approx. 1h
Registration	https://tinygu.de/en21skills