RESOURCE SHEET

Demystifying Mental Health Support A Webinar for STEM Graduate Students

MAY 12, 2021

SPEAKERS:

Traci Callandrillo, Ph.D., Assistant Vice President of Campus Life, American University

Nance Roy, Ed.D., Assistant Clinical Professor, Dept. of Psychiatry, Yale School of Medicine, Chief Clinical Officer, The JED Foundation
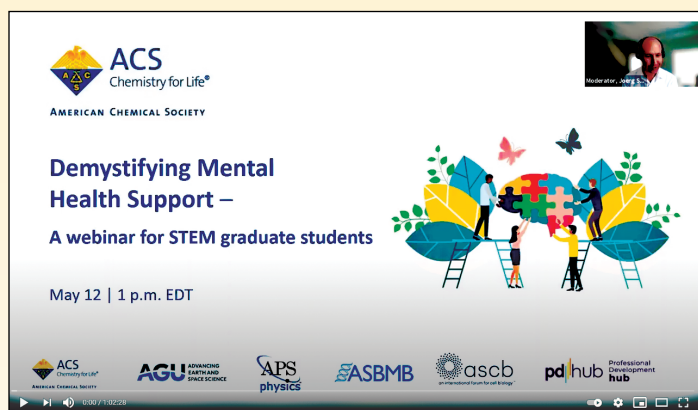
MODERATOR:
Joerg Schlatterer, Ph.D., American Chemical Society

PRODUCER:
Ruth Tessema, American Chemical Society

Watch a recording of the webinar here:

REPORTS:

Supporting Graduate Student Mental Health and Well-being (Executive Summary, 2021, The Jed Foundation, Council of Graduate Schools)

Supporting Graduate Student Mental Health and Well-being (Full Report, 2021, The Jed Foundation, Council of Graduate Schools)

Mental health, Substance Use, and Well-Being in Higher Education: Supporting the Whole Student (Report, 2021, National Academy of Science, Engineering, Medicine)

ARTICLES:

The Critical Importance of Wellbeing in Professional Development | GPChemist.acs.org

Navigating Graduate Student Mental health During a Pandemic | GPChemist.acs.org

Surviving the Dissertation: Tips from Someone Who Mostly Has | GradHacker

Tips for Transitioning from Graduate Student to New Professional | NASPA

PODCASTS:

Hello PhD - A podcast for scientists, and the people who love them
The Science of Effective Mentoring in STEMM

TOOLKITS & OTHER RESOURCES:
The 2021 Mental Health Month Toolkit

JED

The Jed Foundation
JED is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults. We're partnering with high schools and colleges to strengthen their mental health, substance misuse, and suicide prevention programs and systems.

Jed Campus
JED Campus is a signature program of The Jed Foundation (JED) designed to guide schools through a collaborative process of comprehensive systems, program and policy development with customized support to build upon existing student mental health, substance use and suicide prevention efforts.

A COLLABORATION OF