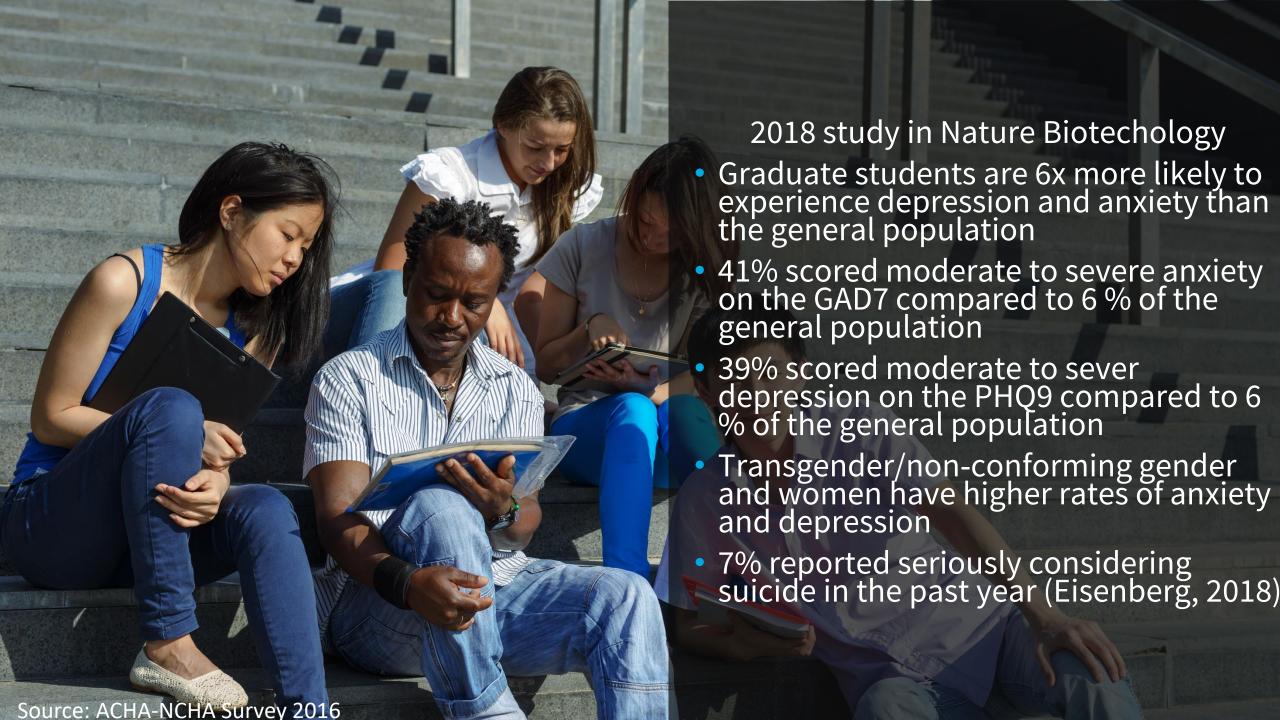


Graduate Student Mental Health: National Trends and Strategies

Nance Roy, Ed.D Chief Clinical Officer The Jed Foundation







- Poor work-life balance
- Long hours, little pay
- Pressure to produce/competition for grant funding
- Lack of "real" mentorship
- Don't feel valued by PI/mentor
- PI/mentor not viewed as asset to their career
- Financial concerns debt
- Few job prospects
- Isolation
- Lack of social support







Comprehensive Approach for Supporting Graduate Student Mental Health



JED'S Comprehensive Framework

We believe in a comprehensive, public health approach to promoting emotional well-being and preventing suicide and serious substance abuse. Campus-wide responsibility Support from Senior Leadership





Strategies

Life Skills

- Self care Faculty need to role model
- Stress reduction Mindfulness, yoga

Social Connectedness

- Sense of isolation
- Increase peer support (groups, opportunity to gather)

Identifying Students at Risk

Educate/train everyone on campus – especially faculty and students

Increase Help Seeking

- Stigma reduction campaigns
- Storytelling lived experience (Daniel Jackson Portraits of Resilience MIT)





Strategies

Mental Health and Substance Abuse Services

- Diverse staff
- Accessibility (fee, hours, insurance)
- Referral system

Crisis Management

- MOU's with area hospitals
- Leave policies

Means Restriction

- Environmental scan
- Secure potentially dangerous areas
- Drug collection days





Thank you.



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