

MENTAL HEALTH

of Early-Career Researchers

Early-career researchers – from the start of the PhD to the end of the Postdoc – play a pivotal role in driving research and innovation, yet they often encounter significant challenges that can undermine their mental health. This seminar will explore how multiple factors – including supervisory practices, institutional support, hyper-competitive environments, high productivity demands, and often inadequate working conditions – contribute to stress, anxiety, and depression.

What can be done to address these issues and promote well-being in academia? What responsibilities do institutions, supervisors, and researchers themselves hold in fostering a healthier academic environment?



Seminar

Speaker:

Mathias Schroijen

Université libre de Bruxelles, Belgium

Mainly dedicated to supervisors and PIs

A discussion will follow after the presentation



18 Feb, 16:00, Aula 4.14

DISAT, Via Valleggio 11 (Torre), Como

Available in person & online

← **Register here**

Organizers:

Silvia Gazzola, member of CUG

Nicola Dengo, postdoc and vice-President of Eurodoc