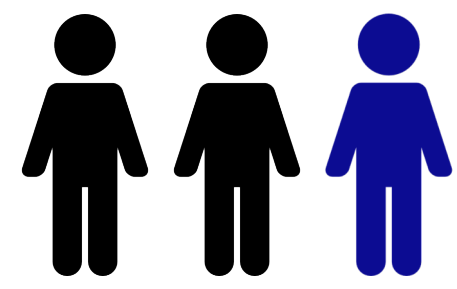


## Facts about Mental Health



1/3 people suffer from a mental illness<sup>1</sup>

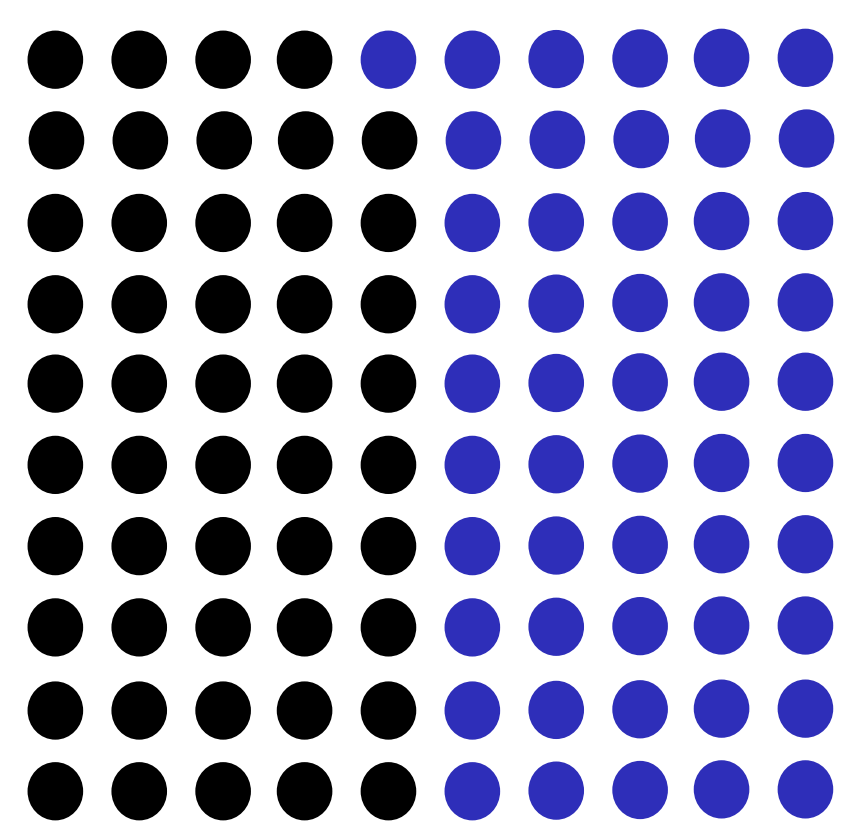


Workplace stressors<sup>2</sup>:



- long hours
- unclear roles
- dissatisfaction
- insecurity
- poor colleague relations

Chronic occupational stress can increase the risk of developing mental illness<sup>3</sup>.



51% of doctoral researchers experience psychological distress<sup>4</sup>.

41% of graduate students scored with moderate to severe anxiety<sup>5</sup>.

For more information, see the Mental Health Facts Sheet of MHAW

## Ideas for Self Help



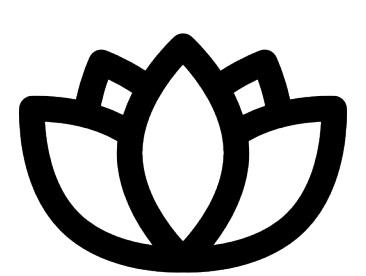
Various meditation apps can help reduce stress and improve well-being<sup>6</sup>.



Plants/green space in the office and forest visits can lower tension and anxiety<sup>7,8</sup>.



15 minutes of exercise per day can reduce the risk of major depression by 26%<sup>9</sup>.



Practicing mindfulness and breathing techniques can help boost mental health<sup>10,11,12</sup>.



Many free phone apps also can help identify depression, cope with several mental stresses, anxiety, disorders, and more<sup>13,14,15</sup>.

For more information, see the Self Help Document of MHAW

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- 10: <https://www.apa.org/monitor/2012/07-08/ce-corner>
- 11: <https://www.mindful.org/mindfulness-how-to-do-it/>
- 12: <https://www.uofmhealth.org/health-library/uz2255>
- 13: <http://bit.ly/2XGWW6>
- 14: <http://bit.ly/2XgSubn>
- 15: <http://bit.ly/2NnRwEL>



## Mental Health Awareness Week

### Options for Immediate Help

Crisis Hotline



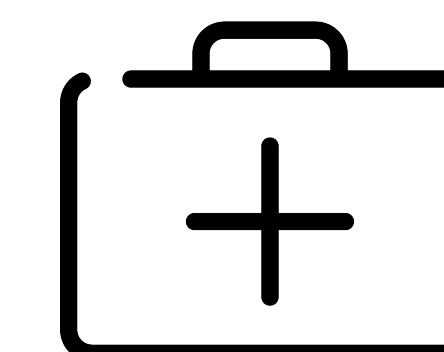
- EMAP: Employee and Manager Assistance Program
- The Max Planck offers it, **but does not run it**
- **External, anonymous, free service** for employees and young researchers, by the Fürstenberg Institute
- **Call: +49-800-387 78 36**, indicate that you belong to the MPG
- For more info, check out the Immediate Help Document of MHAW

Appointment with a Therapist



- Use an appointment service or call to get an appointment with a psychologist (no need for referral, cannot prescribe medication), psychiatrist (can prescribe medication)
- Appointments may take a long time, but consider some additional options from the Immediate Help and Self Help Documents of MHAW

Sick Leave



- Take a sick leave up to 3 consecutive days (longer requires a note from a doctor)

Using your Health Insurance



- Discover what treatments your insurance covers
- Find therapists through your insurance
- Use your insurance's appointment services
- Find out more information from the Immediate Help Document of MHAW