Facts about Mental Health

1/3 people suffer from a mental illness

Workplace stressors:
- long hours
- unclear roles
- dissatisfaction
- insecurity
- poor colleague relations

Chronic occupational stress can increase the risk of developing mental illness.

51% of doctoral researchers experience psychological distress.
41% of graduate students scored with moderate to severe anxiety.

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.

Plants/green space in the office and forest visits can lower tension and anxiety.

15 minutes of exercise per day can reduce the risk of major depression by 26%.

Practicing mindfulness and breathing techniques can help boost mental health.

Many free phone apps also can help identify depression, cope with several mental stressors, anxiety, disorders, and more.

For more information, see the Self Help Document of MHAW.

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

References