



## **FASEB Webinar – Mental Health Matters: Finding Space in a University Setting**

### **Additional resources**

Vanderbilt Mental Health Bill of Rights & Responsibilities (MHBoRR):

**Inside Higher Ed article highlighting the MHBoRR:**

<https://www.insidehighered.com/views/2019/10/29/students-mental-health-shouldnt-be-responsibility-campus-counseling-centers-alone>

**Nature article highlighting the MHBoRR:** <https://www.nature.com/articles/d41586-019-02584-7>

National Academies presentation about the MHBoRR:

<https://www8.nationalacademies.org/pa/projectview.aspx?key=51350>

Navigate to Dec 9, 2019 Supporting Files: Student Mental Health Bill of Rights\_Wallace\_Vanderbilt University

**Dragonfly Mental Health – A Global Consortium for Academic Mental Health:**

[academicmentalhealth.com](http://academicmentalhealth.com)

Get involved with Dragonfly Mental Health: [tinyurl.com/DragonflyMH](http://tinyurl.com/DragonflyMH) and on twitter @GC4AMH and @DragonflyMH

Dragonfly Café (#COVIDCafe) – social drop-in events and space for academics to combat social isolation, sign up for the listserv: [tinyurl.com/covidcafe-list](http://tinyurl.com/covidcafe-list)

**MCB Grad Student Network Guide:** [https://docs.google.com/document/d/e/2PACX-1vTRY5-q-WnBaX117js9MavRxBb3AdxT8a6lgs87ldYCru6s2zmm1Q\\_2fstp-bLVA6sylvmJXMdCZvBe/pub](https://docs.google.com/document/d/e/2PACX-1vTRY5-q-WnBaX117js9MavRxBb3AdxT8a6lgs87ldYCru6s2zmm1Q_2fstp-bLVA6sylvmJXMdCZvBe/pub)

**The NIH Office of Intramural Training & Education hosts webinars focused on wellness (open to extramural individuals!):** <https://www.training.nih.gov/>

**Mental Health posters, including many focused on PhDs, for free distribution by Dr. Zoe Ayres**

(Twitter: @zjayres): <https://www.zjayres.com/mentalhealthresources>

### **Speakers:**

Wendy Ingram, PhD, Postdoctoral Fellow, Johns Hopkins Bloomberg School of Public Health, Founder and Executive Director, Dragonfly Mental Health (A Global Consortium for Academic Mental Health)  
Twitter: @pyromanticism

Kelsea Best, PhD Candidate, Earth and Environmental Sciences, Vanderbilt University, President, Vanderbilt Graduate Student Council  
Twitter: @BestKelsea

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*\*Descriptions and links to all FASEB webinars:* <https://faseb.org/Professional-Development/FASEB-Webinars.aspx>