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:**

**Nature article highlighting the MHBoRR:** [https://www.nature.com/articles/d41586-019-02584-7](https://www.nature.com/articles/d41586-019-02584-7)


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](https://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](https://tinyurl.com/covidcafe-list)

**MCB Grad Student Network Guide:** [https://docs.google.com/document/d/e/2PACX-1vTRY5-q-WnBaX117js9MavRxBb3AdxT8a6lgs87IdYCruc6s2zmm1Q_2fstp-_bLVA6syImJXMdCZvBe/pub](https://docs.google.com/document/d/e/2PACX-1vTRY5-q-WnBaX117js9MavRxBb3AdxT8a6lgs87IdYCruc6s2zmm1Q_2fstp-_bLVA6syImJXMdCZvBe/pub)

**The NIH Office of Intramural Training & Education hosts webinars focused on wellness (open to extramural individuals!):** [https://www.training.nih.gov/](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](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](https://faseb.org/Professional-Development/FASEB-Webinars.aspx)