

PERILS OF A POSTDOC MENTAL HEALTH AWARENESS

This poster explores some of the common stressors that postdoctoral researchers experience on their climb for academic excellence.



NEED TO TALK? - Nurse: stephanie.le-thuaut@enpc.fr
- Prevention officer: chris-herve.mouele@enpc.fr
- Psychological hotline: 0 800 711 046 (free, various languages)

Part of the #mentalhealth series by Dr Zoe Ayres (@zjayres). Free to distribute.

This poster is made with Microsoft Icons.