

solidariTEA



A fortnightly coffee morning for all SBS PhD students to discuss difficulties outwith the technical aspects of their research; beginning with a scene-setting talk from a member of staff or student who has overcome adversity.

From 9:15 am

Dates: 29 March
19 & 26 April
10 & 24 May
14 & 28 June

Place: CH Waddington
Breakout space and
seminar room

Come and share your PhD experiences with other students... eat cake and drink tea!

Why is it necessary?

Nature Biotechnology reported that **graduate students** are **6 times** more likely than the general population to experience **depression** or **anxiety**.

Nature's 2017 graduate survey found that **12%** (of respondents) had sought help for **anxiety** or **depression** caused by their **PhD studies**.



What we provide

A **relaxed** fortnightly get-together for all **SBS PhD students**.

To **discuss** the **stresses** and **strains** of life and work, with **supportive staff** and fellow students.

Information on other **sources of support**.



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Feedback

“Having sessions such as SolidariTEA prove **really useful** for students such as myself who have external stresses out-with their PhD. The sessions allow students to **discuss any difficulties**, and helps **build a sense of community** between students within the School of Biological Sciences.”

“I wanted to let you know how good SolidariTEA has been for me, to talk about my worries with other students. **I hope it will keep going.**”



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solidariTEA v2.0

Changes made based on feedback/resource:

- non-Biology space
- mix of facilitators
- mix of days and times

SBS Graduate School now also provides:

- pastoral Advisor on all thesis committees
- clearer guidance on where to find help
- flagging mental health at induction & assessment milestones
- support for solidariTEA



... lots more to do!

solidariTEA



A relaxed fortnightly coffee morning for all SBS PhD students to discuss the stresses and strains of life and work with supportive staff and fellow students.

First Thursday and Third Monday of every month	15 October 3pm 1 November 10am 19 November 3pm 6 December 10am 17 December 3pm	Mary Bruck Third Floor Chaplaincy Common Room
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PhD Support

Pastoral Support Options:

Go where you feel most comfortable

Your Supervisor(s)

Your Thesis Committee members

Your Institute Postgraduate Advisor: <https://bit.ly/2uoYcZI>

Your research group/building colleagues

Graduate School Office Team in Mary Bruck Building

SolidariTEA Coffee Mornings

Chaplaincy: <https://bit.ly/2IVs3MA>

Student Union: www.eusa.ed.ac.uk/support_and_advice/

Student Counselling Service: www.ed.ac.uk/student-counselling

Your GP

Edinburgh Crisis Centre: 0808 8010414

Academic Support Options:

Everyone needs support, just ask

Your Supervisor(s)

Your Thesis Committee members

Your Institute Postgraduate Advisor: <https://bit.ly/2uoYcZI>

Your research group/building colleagues

Graduate School Office Team in Mary Bruck Building

Student Union: www.eusa.ed.ac.uk/support_and_advice/



Graduate School of Biological Sciences

Future Plans

SolidariTEA will expand.....

BioQuarter (Little France)

- observed KB sessions
- recruited facilitators
- solidariTEA information & training session
- advertising events shortly

Central Area

- School of Philosophy, Psychology and Language Sciences?

solidariTEA



And thanks....

Caroline Proctor

Miguel Cueva

Charlotte Lilley

Michael McDonald

Holly Robertson-Dick