



Spoiler Alett:

Happy Ending



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Happy Ending

Content Warning:

Depression,
Suicide and
Transphobia...



Depression / Dementors

Depression

"A common and serious medical illness that negatively affects how you feel, the way you think and how you act."

American Psychiatric Association



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"A common and serious medical illness that negatively affects how you feel, the way you think and how you act."

American Psychiatric Association

Dementor

"Dark creatures that consume human happiness, creating an ambiance of coldness, darkness, misery and despair."

Muggles' Guide to Harry Potter



A Potte(re)d History...

1995 B.Sc.(Hons) Chemistry

1995-1999 Failed attempt at a PhD...

1999 Research Chemist

2002 Redundancy #1

2002 H&S Officer & Lab Manager (Millipore)

Health and Safety Advisor (IAH)

Foot and Mouth Outbreak

M.Sc. Health & Safety Management

Site Closure & Redundancy #2

HSE Advisor (ICR)

2013 H&S Manager, School of GeoSciences

H&S Manager, IGMM, WGH & REH



2014 — Life is Good!





Late 2014 / Early 2015...

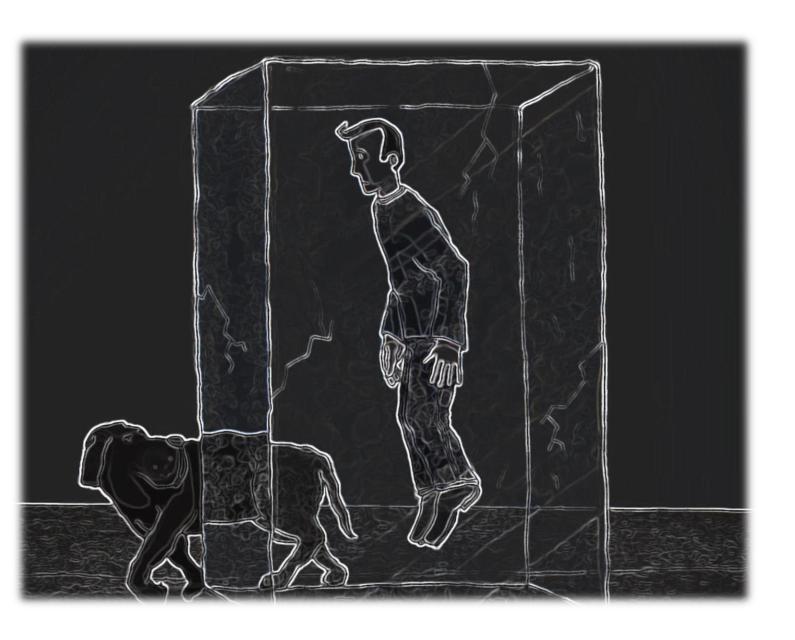
Feeling settled.

But...

Turns out I'd been ignoring something.











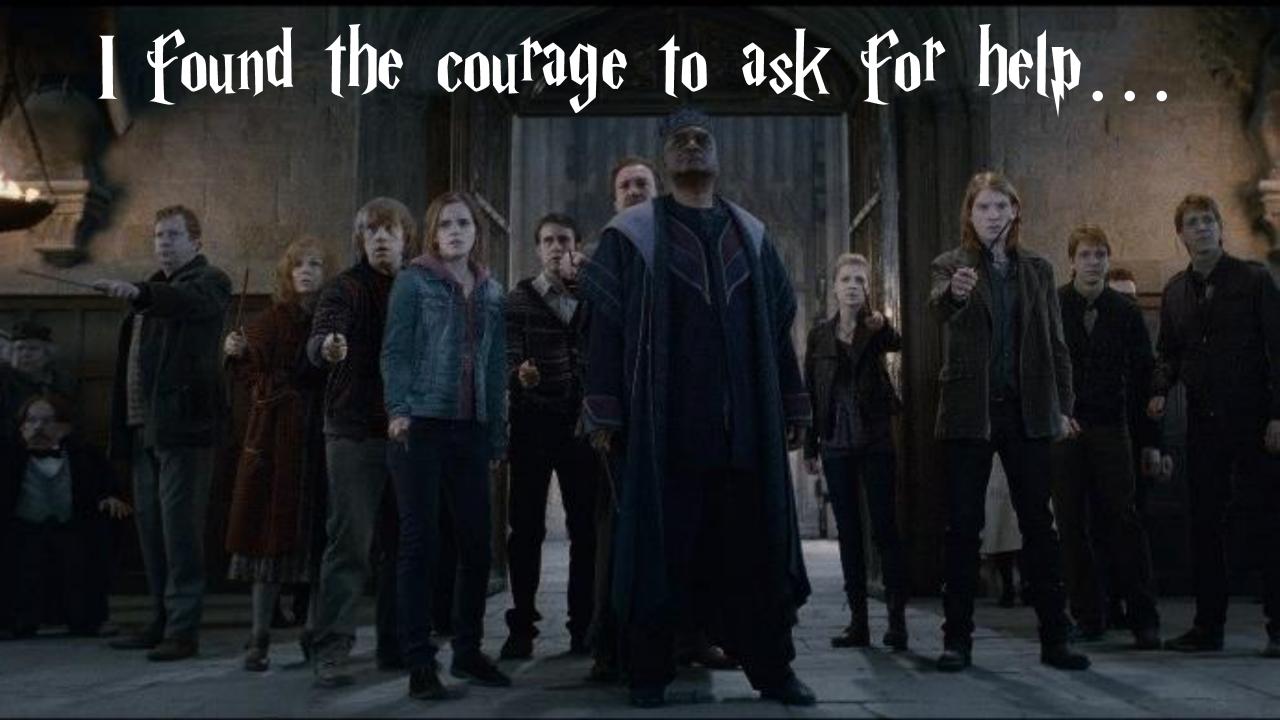


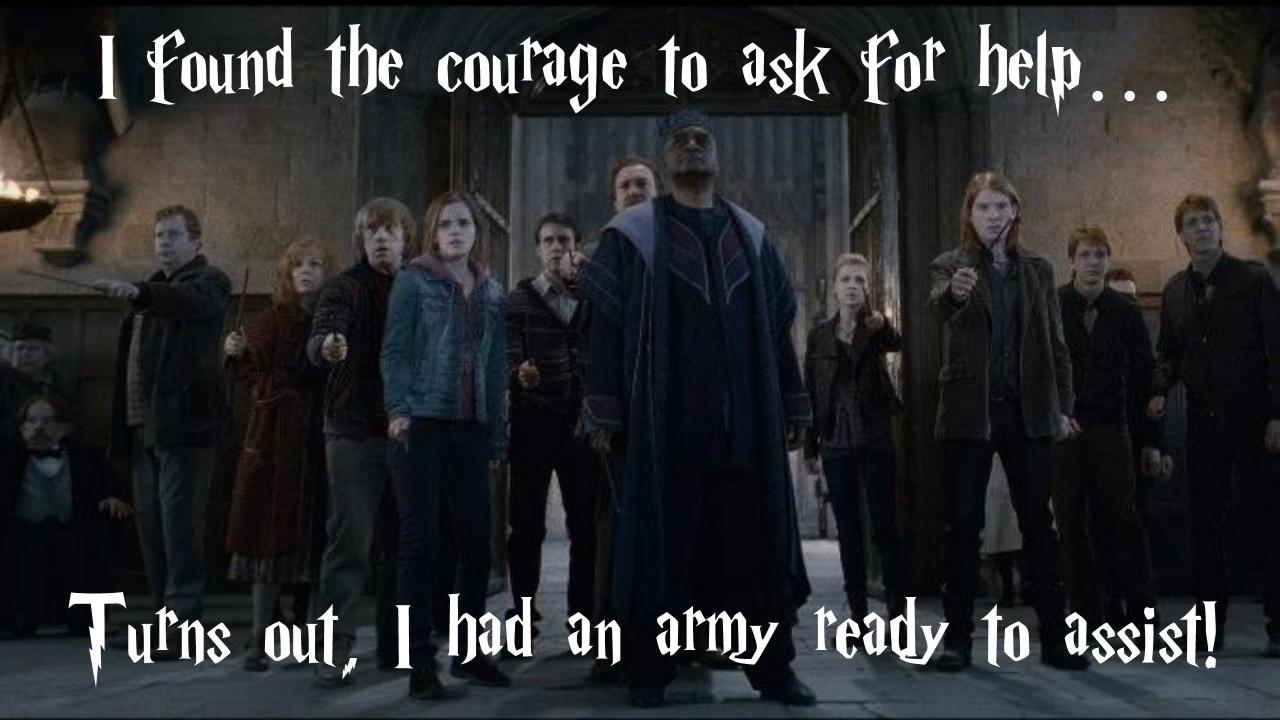
The Irony?











Recovery

- Talk, open up
- Accept help
- 'Treatment'

• Transition!





Transition: January 2017

Reaction at work, very supportive

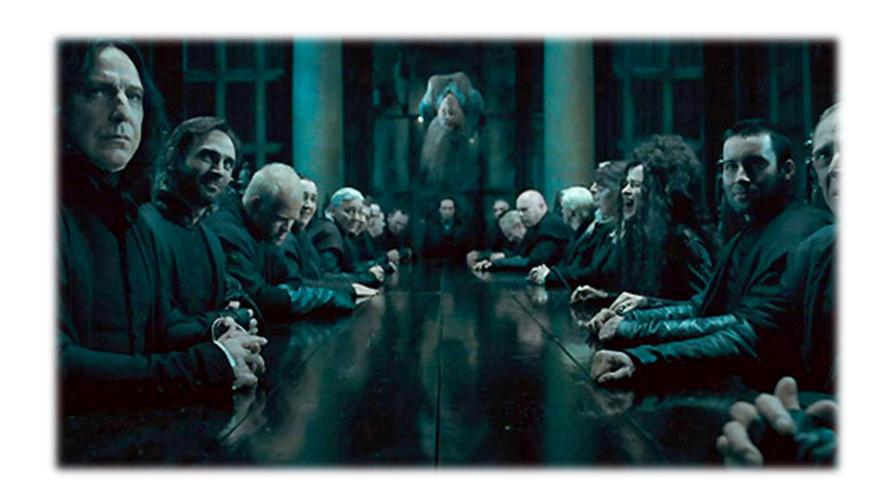
And then, a senior job came up outwith the University

Head of H&S for a large research organisation...

I was invited for interview



Their reaction...





It turns out that...



It turns out that...



INSTITUTE OF GENETICS & MOLECULAR MEDICINE

. . is



Somewhat different!



Rosie's leadership is critical for the physical and mental wellbeing of our research and support community in the workplace.

She is also prominent within IIRSM as Chair of their Membership and Branches Committee.

Rosie Russell - IGMM Health and Safety Manager

#InternationalWomansDay

www.ed.ac.uk/igmm/news-and-events/news-2018/mrc-igmm-health-safety-and-wellbeing-strategy www.iirsm.org/membership-branches-committee







If you need help...









♦ 0800 83 85 87 www.breathingspace.scot

Edinburgh Crisis Centre















