





Defeating Dementor's



Rosie Russell...

Defeating

Dementor's

... a personal story

Spoiler Alert:

Happy Ending



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Happy Ending

Content Warning:

**Depression,
Suicide and
Transphobia...**



Depression / Dementor's

Depression

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

American Psychiatric
Association



Depression / Dementor's

Depression

“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)
- 2007 Health and Safety Advisor (IAH)
 - Foot and Mouth Outbreak
 - M.Sc. Health & Safety Management
 - Site Closure & Redundancy #2
- 2013 HSE Advisor (ICR)
- 2013 H&S Manager, School of GeoSciences
- 2017 H&S Manager, IGMM, WGH & REH



2014 — Life is Good!



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Late 2014 / Early 2015...

Feeling settled.

But...

Turns out I'd been ignoring something.









The Irony?





I Found the courage to ask for help...



I Found the courage to ask for help...

Turns out, I had an army ready to assist!

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...

igmm

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](http://www.ed.ac.uk/igmm/news-and-events/news-2018/mrc-igmm-health-safety-and-wellbeing-strategy)

www.iirsm.org/membership-branches-committee



International Women's Day





What have I learned?

If you need help...



Edinburgh
Crisis
Centre



TALK TO US
If things are getting to you

 **116 123** **FREE**
This number is FREE to call round the clock

SAMARITANS



 **0800 83 85 87**
www.breathingspace.scot

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Remember . . .

(Something I forgot . . .)



...Life can be...
...magic!



Questions?