



April 2023 Safety Newsletter

Graduate school is stressful!



Graduate school presents many responsibilities, from coursework to professional duties, in a competitive and demanding environment. Feelings such as anxiety and hopelessness may result from academic problems, financial issues, conflicts with friends, fear of disappointment, etc. As a result, during graduate school you may experience one or more mental health needs. This short read seeks to remind graduate students of mental health care and wellness resources offered by the university. Mental health awareness and care is imperative to maintaining a safe and productive laboratory environment. If you or others are struggling with any of the above, please consider the following resources and support.

Self-care

Managing stress on a daily basis is important for a student's overall health and wellbeing. Below are a few recommendations from an article published in [Nature](#) detailing methods to manage one's mental health.

- Take time away from work
- Compare yourself with yourself
- Talk to people who understand you
- Seek out support networks

Read more: [Mental health of graduate students sorely overlooked](#)

Counseling & Psychological Services

The University of Houston's Counseling and Psychological Services (CAPS) is here to assist and guide all students in whatever issues they may be facing. We recognize that mental health is something some students have struggled with, and CAPS is a place where students can go for help. CAPS offers a variety of services for all students, from single session therapy to couples and individual counseling. First visit triage appointments are accepted as walk-ins and take approximately one hour. CAPS is also available 24/7 by calling 713-743-5454.

[Click here for more information on CAPS and their resources.](#)

UH Wellness

UH Wellness is here to support you in all your health and well-being needs. We cultivate a community of care to promote and enrich the health and well-being of our students to become successful scholars and engaged global citizens.

[Click here for more information on UH Wellness and their resources](#)

In the event of any situations that make you feel unsafe, please share with others via this form: [Near Miss/Accident Reporting](#)

For any questions, concerns, or more resources, please contact us at UHChESST@gmail.com

