

University of Dundee

Wellbeing

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WELLBEING

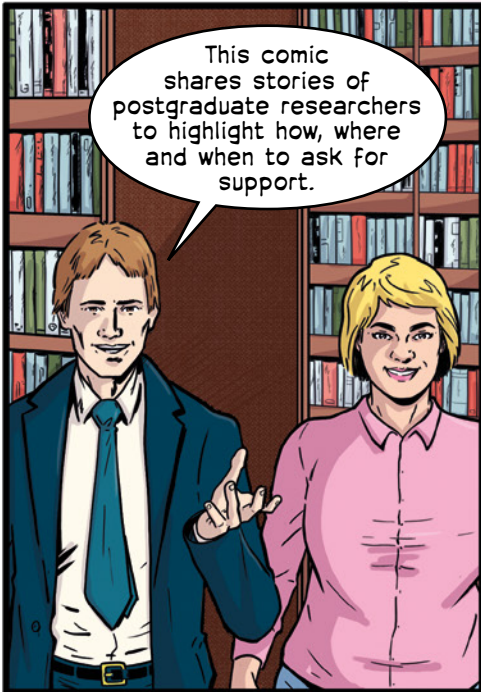
POSTGRADUATE RESEARCHER NARRATIVES



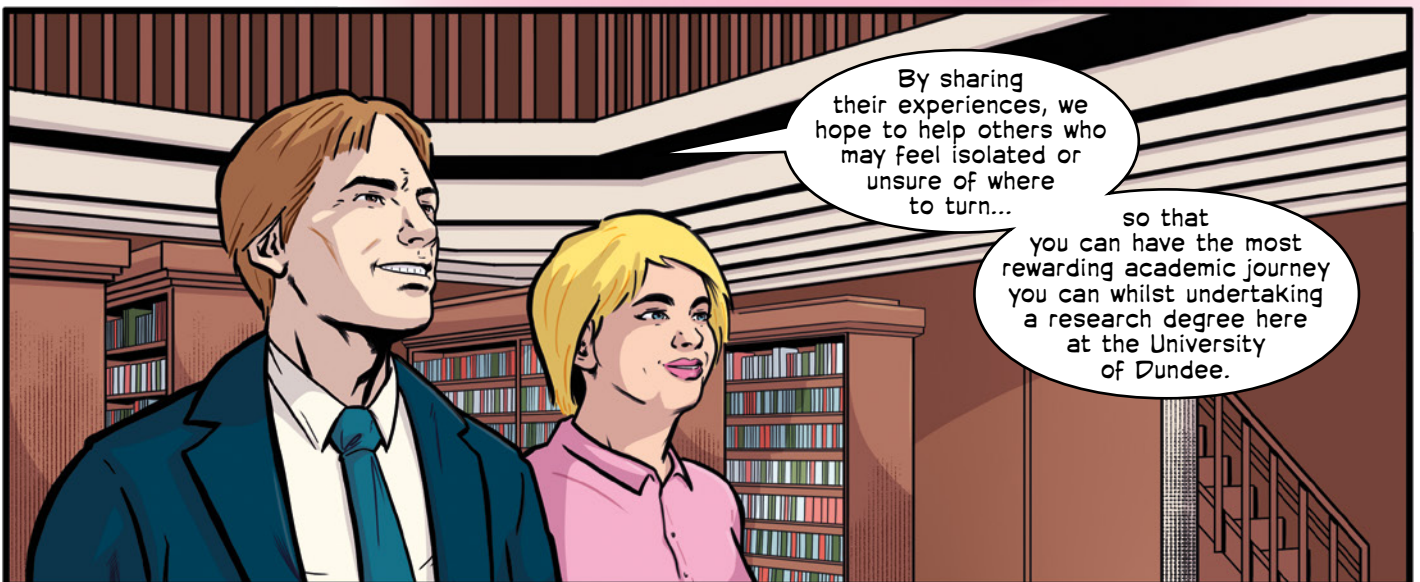
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INTRODUCTION

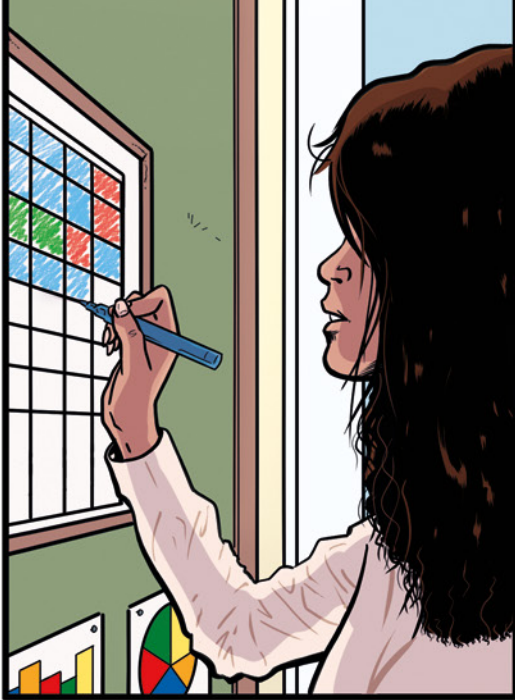


The stories within are all based on conversations with postgraduate researchers, but the artwork and dialogue have been anonymised.

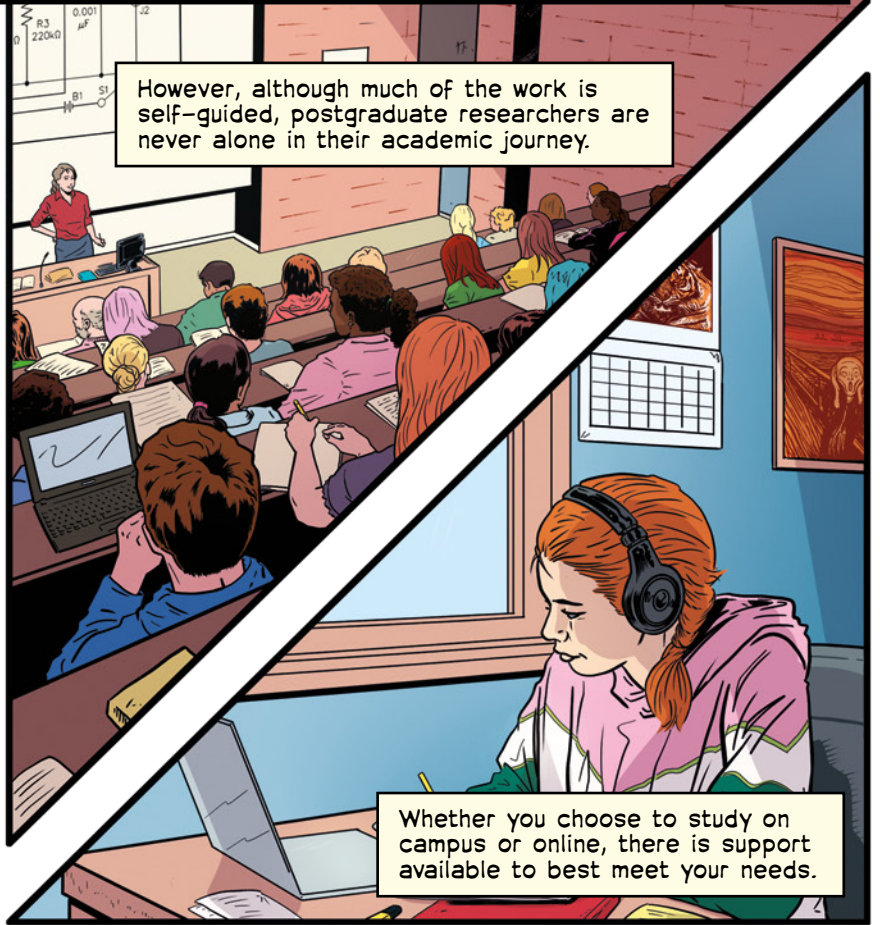


THE DOCTORAL ACADEMY AND GETTING SUPPORT

Undertaking postgraduate research is a feat that requires lots of self-discipline and organisational skills.



However, although much of the work is self-guided, postgraduate researchers are never alone in their academic journey.

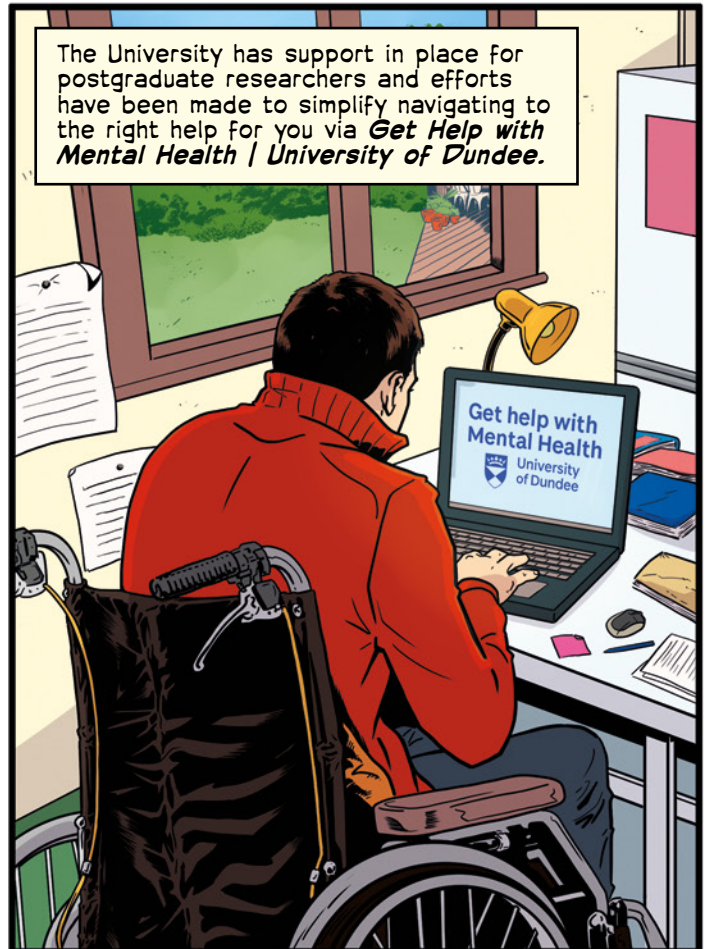


Whether you choose to study on campus or online, there is support available to best meet your needs.

The most important thing is that you don't struggle alone and know that services are available both online and in person.



The University has support in place for postgraduate researchers and efforts have been made to simplify navigating to the right help for you via **Get Help with Mental Health | University of Dundee**.



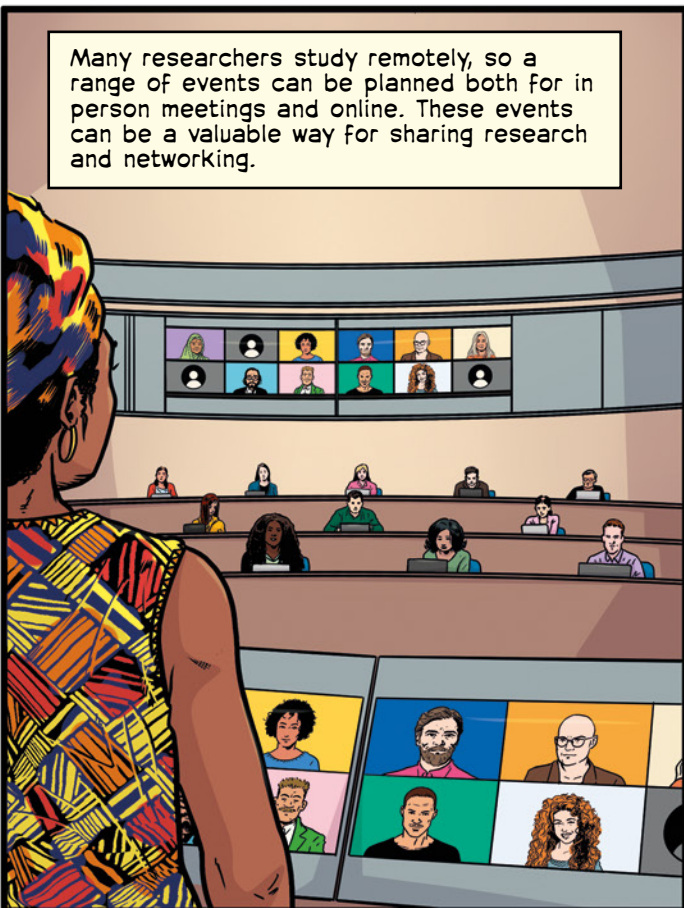
Being a postgraduate researcher can be a very different experience depending on your discipline. This can involve working in research teams, conducting fieldwork, or individual research projects and may only come on to campus to meet with their supervisors or to use university research facilities.



The Doctoral Academy can help you meet like-minded researchers and can help organise events such as informal meetings where researchers could meet and chat about their experiences.



Many researchers study remotely, so a range of events can be planned both for in person meetings and online. These events can be a valuable way for sharing research and networking.



If you are ever unsure or feel isolated, please don't hesitate to contact The Doctoral Academy. We are there to support all aspects of your research degree experience.



HEALTH AND WELLBEING

I was a long-distance postgraduate researcher which can be difficult, but I felt very supported by the University, particularly its health and wellbeing modules on the website.

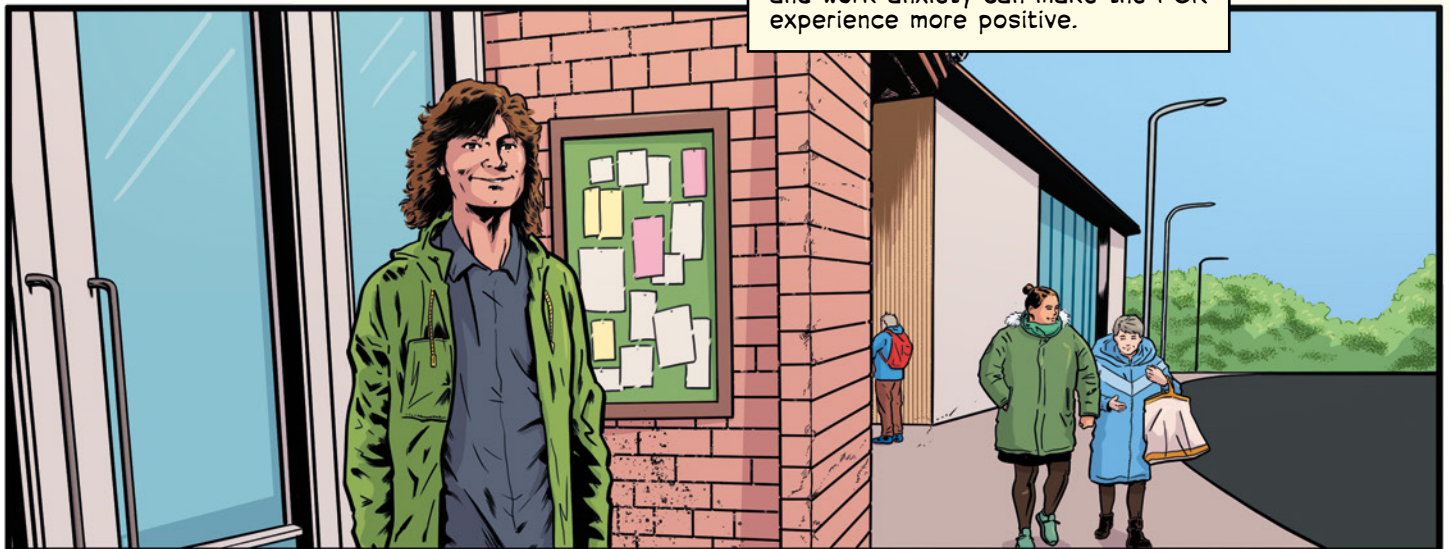


The Wellbeing Thesis was really useful to me throughout and I highly recommend it.

I think mental health and wellbeing is highly important. Opportunities, such as speaking as part of a group with other postgraduate researchers, run by a professional can be helpful.



Being able to talk through common issues such as isolation, self-doubt and work anxiety can make the PGR experience more positive.



SUPERVISORS

It can mean so much to have a strong relationship with your supervisors. This can vary so much within the University...

but generally the supervisors have been widely supportive...

both academically and personally.

They are there to encourage you and to reassure you of your research and its value. They are there to check in with you and see how you are getting on.

Inbox
Supervisor
Just finished reading your new chapter. I have left a few bits of feedback but overall amazing work, ...well done!

They not only care about the research, they care about you...

EVERYTHING JUST SEEMS TO BE GOING WRONG. I CAN'T SEEM TO FOCUS AND I FEEL LIKE I AM AT BREAKING POINT.

EVERYONE HAS ROUGH PATCHES;

IT IS A **JOURNEY**.

MAKE SOME TIME FOR YOURSELF. TAKE IT ONE STEP AT A TIME, THINGS WILL FALL INTO PLACE.

Supervisors like that can inspire you and make you want to do the same for others.

I JUST FEEL LOST.

I KNOW. I WAS THERE ONCE TOO.

IT IS TOUGH BUT I WILL SUPPORT YOU THROUGH IT IN ANY WAY I CAN.

CONCLUSION

AS NOTED IN THE VARIOUS NARRATIVES, THERE IS A RANGE OF SUPPORT AVAILABLE TO POSTGRADUATE RESEARCHERS AT THE UNIVERSITY.



To access support and resources on **Mental Health and Wellbeing** please go to:



For more information on the **University Health Service** check out this page:



For **Counselling Services** available at the University go here:



For **Disability Services** available at the University you can access more information at this link:



For any **general enquires** you can go to:



For more specific enquiries about postgraduate research you can visit the **Doctoral Academy** website:



WE HOPE THIS COMIC HAS HELPED PROVIDE AN INSIGHT TO COMMON PROBLEMS AND EXPERIENCES OF PAST POSTGRADUATE RESEARCHERS...

AND THAT THEIR SHARED STORIES HAVE INSPIRED YOU.

PLEASE REMEMBER, THAT WE ARE A COMMUNITY AT THE UNIVERSITY OF DUNDEE AND THAT **WE ARE HERE TO SUPPORT YOU.**



LOCAL SUPPORT AND RESOURCES

This comic was created to provide a novel platform to engage postgraduate researchers with services and support available to them. Of particular relevance, is that these stories were only made possible by the generosity of postgraduate researchers, who shared their experiences for the benefit of others.

Universities are actively committed to supporting wellbeing in the workplace. They have a number of services that postgraduate researchers can access, such as health, counselling, and disability services. Different universities may have limitations on who can access certain services but there are typically equivalent offerings although these may also include external services.

Get help with mental health

<https://www.dundee.ac.uk/guides/get-help-mental-health>

Counselling service

<https://www.dundee.ac.uk/counselling>

Disability services

<https://www.dundee.ac.uk/disability-services>

Doctoral Academy

<https://www.dundee.ac.uk/doctoral-academy>

Enquiry Centre

<https://www.dundee.ac.uk/facilities/enquiry-centre>

Global room

<https://www.dundee.ac.uk/facilities/global-room>

Health service

<https://www.dundee.ac.uk/health-service>

Immigration compliance

<https://www.dundee.ac.uk/immigration-compliance>

International Advice Service

<https://www.dundee.ac.uk/international-advice-service>

Student funding

<https://www.dundee.ac.uk/student-funding>

DUSA Advice & Support

<https://www.dusa.co.uk/adv>

Resilience in Research

<https://learningspaces.dundee.ac.uk/resilience-in-research/>

EXTERNAL ORGANISATIONS THAT CAN HELP:

The Samaritans are a confidential, free, 24 hour helpline, where there is always someone available to talk and listen

<https://www.samaritans.org/scotland/branches/dundee/>

Breathing Space is a confidential, free helpline for people in Scotland experiencing low mood, depression and anxiety

<https://breathingspace.scot/>

Living Life Guided Self Help is a confidential telephone service from NHS 24 based on a Cognitive Behavioural Therapy (CBT) approach

<https://www.nhs24.scot/our-services/living-life/>

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