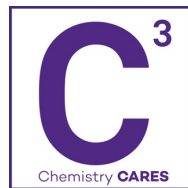


Mental Health



- **Definition:** A person's condition with regard to their psychological and emotional well-being
- As of 2020: **~21% of all US Adults** experience mental illness
 - This number higher for women, people from historically excluded groups, and people with disabilities.
 - Graduate students are **6x** more likely to experience depression or anxiety



Warning Signs and Mental Hygiene



- Be mindful of yourself and others; **kindness goes a long way!**
- Though mental hygiene cannot resolve societal/cultural factors that contribute to mental illness, they can still be **beneficial**

- There is a culture of “this is supposed to be hard” in STEM
 - **There is a HUGE difference between being challenged and suffering**