

# Mental Health Support for PhD Students

Balancing research, teaching, and life with mental well-being



## Why Mental Health Support is Important

Studying at the doctoral level can be both rewarding and stressful. Balancing research, teaching, and personal life can lead to challenges like anxiety, burnout, and isolation. Living in a new country can be overwhelming. It's normal to experience cultural shock, loneliness, or stress. Remember, help is available to support your well-being.



## Common Challenges Faced by PhD Students:

- Overwhelming research pressures or deadlines
- Persistent feelings of loneliness or imposter syndrome
- Difficulty maintaining a work-life balance
- Sleep disturbances or lack of motivation

## How to Seek Help



### Psychiatric Care

For diagnosing and treating mental health conditions.



### Psychotherapy (Talk Therapy)

Provides a safe space to discuss concerns.



### Emergency Assistance

Call 112 (available in English) or local helplines.

## Helpful resources

- For University Counseling Services scan QR code
- Hospital Psychiatric Department (acute care) 24/7  
**+420 387 878 710**
- Suicide Prevention Helpline:  
**+420 284 016 666**



Website contact

## Self-care Tips

- Prioritize rest, healthy eating and physical activity.
- Engage in hobbies or activities outside academic work
- Join student organizations or campus events to meet like-minded individuals.

**You are not alone. Support is here to help you succeed.**

