



Researcher-Led Mental Health and Wellbeing Initiatives - Application Form

8. altMental

selected above):

To create a peer-support group of researchers from across the Doctoral School who are researching difficult data. This group will meet on a monthly basis, and two to three times a year will invite in speakers from across the University and potentially other Universities as well to discuss best practice in maintaining one's own mental health in difficult circumstances.

Creating a group of researchers across the Doctoral School will create a sense of community and lessen the isolation of researchers. It will increase interaction with other researchers from across the Doctoral School, not just those in one's own school, and cultivate time to breathe by being in a group of people



be scaled up (in future projects) to reach a broader range of doctoral researchers across Schools

N/A

Please limit your response to a maximum of 400 words

Please outline how your proposed initiative will promote awareness of, support, or improve doctoral researcher mental health and/or wellbeing at Sussex

This initiative will promote awareness of researcher mental health as it will be a public announcement that

Potential travel costs and accommodation for external speakers

£150.00

Estimated cost of publicity (printing of posters for meetings and January event)

£50.00

Contingency to cover unforeseen circumstances e.g. a larger number of attendees requiring higher food costs.

£100.00

Total: £750.00

Total requested
£750.00

Do you have additional funding for the proposed initiative (e.g. from your School or Department?)
Yes No

Please attach any additional documents here relevant to your application (e.g. to assist the panel in understanding the activity) (optional)