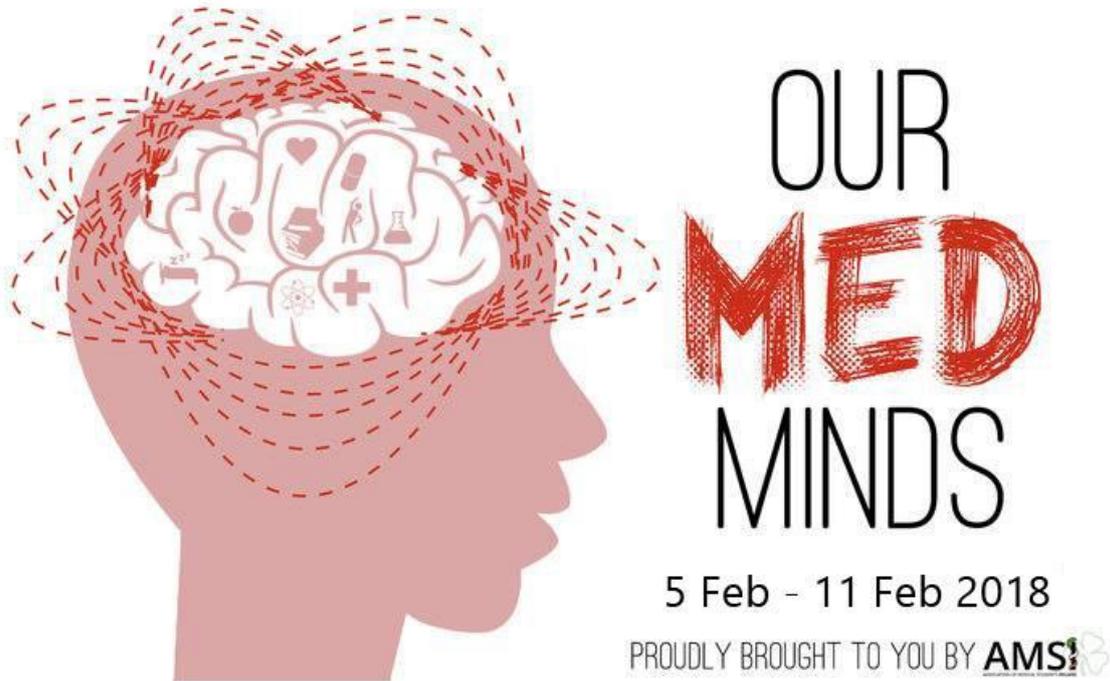


Our Med Minds Matter: AMSI TCD



The Association of Medical Students in Ireland at Trinity (AMSI TCD) hosted their 2nd annual weeklong “Our Med Minds” campaign from the 5th to the 11th of February to raise awareness of mental health issues amongst medical students and doctors and promote positive mental health and well-being through various services offered at Trinity.

Following the publication of a meta-analysis in JAMA in November 2016, analysing cross-sectional and longitudinal studies of the mental health of over 120,000 medical students in 43 countries, which reported depression prevalence rates of 27.2% and an 11.1% prevalence rate for suicidal ideation, AMSI decided that more must be done to promote positive mental health in students. Their first “Our Med Minds Matter” week was created in 2017 to act as a platform to facilitate discussion of medical students’ and doctors’ mental health.

During this year’s event, AMSI TCD held a variety of events to promote positive mental health with positivity boards set up in the TBSI, St. James and Tallaght hospitals to allow students to share positive encouraging messages amongst their peers. Thanks to a generous donation from Offbeat Donuts Co., students were able to enjoy free donuts to start of the week at TBSI. On Monday evening, medical students came together with DU Meditation Society, who led a guided compassion meditation session.

Knowing how important exercise is to the mental health and overall well-being of students, Power Pump! was organised courtesy of Trinity Sports Centre to encourage students to get off their study desks to break some sweat. It was a rigorous but fulfilling session, and a great

break from the monotony of hours of studying. Overall, it was well received and great closure to another day of lectures and rotations.

One of the main events during the week was the two-part “Mindfulness Matters” event on Wednesday, which featured captivating and insightful talks from the Director of St Patrick’s Mental Health Services, Prof. Jim Lucey, and the Director of College Health, Dr. David McGrath, as well as information sessions with representatives from S2S, Student Counselling Services, and NiteLine. Following the talks was a student-run workshop with students from various years sharing their difficulties in medical school and how they were able to cope with their experiences.



In collaboration with Friends of MSF at Trinity, AMSI TCD held their highly successful Doctors Without Borders event Friday evening at TBSI, featuring Dr. Niamh Allen and Dr. Eomann Faller who shed light on their experiences in working with MSF and dealing with the psychosocial stressors they faced in the front lines of medical aid and returning home. Followed by the talk was a reception featuring musical entertainment courtesy of our own talented medical students.

“Our Med Minds” week came to a close on Saturday with the HSE safeTALK workshop, a suicide prevention training session for students to be able to recognise the signs that someone may be having thoughts of suicide and how to intervene.

AMSI TCD would like to sincerely thank all of the guest speakers, collaborating student organizations at Trinity, and all the medical students who made the weeklong endeavour possible. Medical student mental health does not just end with “Our Medical Minds,” as AMSI TCD hopes it continues the much needed dialogue between students and faculty to better address these issues for the years to come.