

Practical advice for developing knowledge and understanding of PGR mental health and wellbeing

Would you feel confident in signposting PhD students to the appropriate university support services if you had concerns about their mental health?

Refer to the [Trinity Student Counselling Services](#) stepped care model to get advice on the kind of support which is appropriate for the students' issues

Do you have a good understanding of the mental health and wellbeing issues facing PhD students?

Consult the [Vitae leaflet](#) on PGR wellbeing and mental health

Do you feel equipped to deal with any wellbeing issues that your PhD student might face?

Undertake this [Academic Practice Supervisor Development Programme](#) for staff

Would you like to learn more about supporting PhD student wellbeing and good mental health?

Contact the [Postgraduate Liaison Counsellor](#) for advice

Do you feel that you and your supervisee have similar expectations of the supervisory relationship?

Discuss this [Vitae advice](#) on clarifying expectations of supervision with your supervisee

Have you discussed post-PhD career planning with your supervisee?

Signpost them to the [Trinity Careers Service](#)

Signpost to [this Vitae](#) booklet on being a career-wise researcher

Does your PhD student have access to an adequate support network?

Discuss this with your supervisee at an early supervision

Are you confident in your ability to support a PhD student with disabilities?

Signpost to [Trinity Disability Service](#)

Signpost to [Vitae resources](#) on supporting PGR students with disabilities

Resources for maintaining wellbeing

Do you have low level concerns or worries about your PGRs' wellbeing?

Ask open questions, such as:

- How are you feeling today?
- How are things going outside of your PhD?
- Who can you talk to if you're struggling?
- How familiar are you with College supports?

Does your PhD student have interactions with other PhD students?

Signpost to [Grad Chats and other support groups](#)
Signpost to [Global Room](#) or [GSU Vice President](#)

Do you have regular face-to-face meetings with your PhD student?

Try to ensure that you meet face-to-face with your PhD student for supervisions. See [Trinity Supervision Guidelines](#)

Are you concerned about the work/life balance of your PhD student?

Signpost to [Vitae booklet](#) on establishing balance as a researcher and [Vitae quick tips](#) for PhD students on maintaining a healthy work-life balance

Have a conversation about this at your next supervision

Does your PhD student struggle with motivation?

Signpost to Vitae advice on [overcoming challenges](#) and [staying positive](#) during the PhD

Do you feel that your supervisee is lacking in confidence?

-Talk to them and consider ways you could boost their confidence through positive reinforcement
- Signpost them to [Student Learning Development](#)
- Signpost them to their [Subject Librarian](#)

Is your PhD student making the level of progress you would expect?

Talk to them and consider highlighting it as part of the annual review/confirmation process
Consult Vitae advice and resources on [supporting researchers as they progress](#)

Supportive wellbeing interventions

Do you have mild to moderate concerns about the wellbeing and mental health of your PGRs?

Do you suspect that your PhD student is feeling isolated?

Signpost to [Grad Chats and other support groups](#) or the [GSU](#)

Do you think your supervisee needs additional support with their academic writing?

Signpost to [Student Learning Development](#)

Are you concerned that your supervisee is over-working on their doctoral research?

Signpost to [Vitae advice and resources](#) and [tips for PhD students on health and wellbeing](#)

Does your PhD student ever fail to turn up for supervisions?

Talk to them and consider highlighting it as part of the annual review/confirmation process

Have you noticed any change in your PhD students' behaviour or attitude?

Consult sector guidance on [supervising stressed PGR students](#)

Discuss any underlying concerns with your supervisee, by phone if necessary

Are you concerned that your PhD student may be experiencing unusually high levels of stress?

Signpost to the [Student Counselling Services](#)

Does your supervisee appear to be experiencing periods of low mood?

Signpost to the [Student Counselling Services](#)



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin