



Mental Health Awareness Week
Event Proposal
PhDnet
Equal Opportunities Working Group
Mental Health Subgroup



Background

We are organizing an MPS-wide **Mental Health Awareness Week (MHAW)** from the 7th to 11th October, 2019. Each institute is encouraged to organize at least one local event during the week of the 10th of October, which is International Mental Health Awareness Day. This will be accompanied by a social media campaign before and during the week to encourage attendance and raise awareness. The MPS occupational health management (BGM) steering-group supports this initiative, with 30+ institutes already pledging to organize at least one event.

Aim of Events

Events should focus on prevention: raising awareness of mental health and indicators of mental health problems, and providing as many MPS employees as possible with the necessary tools to promote their own mental well-being. Ideally, the event should also help pave the way for structural change that provides efficient care for people in need and hence facilitates recovery.

Procedure

If you are willing to organize an event at your institute, please proceed with the following:

- **Form a small local organization committee**
Reach out to PhD, Postdoc, BGM, and PR representatives of your institute, as well as your EO officers, scientific, administrative, IMPRS, and Hub coordinators to recruit committee members.
- **Decide on an event or events**
Get inspired by our catalogue of suggested events – or come up with your own plan(s)
- **Inform us**
Send the name of the main contact person and some information about your planned event(s) to mentalhealthaw@phdnet.mpg.de
- **Keep yourself informed and get started with organizing**
Subscribe to our mailing list <https://listserv.gwdg.de/mailman/listinfo/mhaw>
or visit our webpage <https://www.phdnet.mpg.de/50740/Mental-Health-Awareness>

Role of the PhDnet

The organization committee of **MHAW 2019** will support you with the following:

- Provide you with a catalogue of suggested events
- Support you in finding ways to fund your event
- Provide you with a collection of mental health resources (background information, MPS-wide resources, emergency help, etc.) that can be shared during the week
- Create a (social) media overhead and provide you with flyers and/or posters