

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 [UoM 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 UoM [training](#) module for staff

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

- Undertake this supporting students [UoM training](#) module

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 [UoM 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 UoM advice on [working with disabled students](#)
- 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?
- Has anything happened in your personal life that you think I should know about?
- Do you have people who you can talk to if you're struggling?
- Do you know where to go to get help?

Does your PhD student have interactions with other PhD students?

- Signpost to [UoM advice on connecting with others](#)
- Signpost to the relevant PGR rep for their department

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 [UoM Supervision Policy](#) for PGR degrees

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 the [UoM training programme on presenting research](#)
- Signpost to [Vitae tips and resources](#)

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

- Check any reporting processes in the [UoM Supervision Policy for PGR degrees](#)
- Consult Vitae advice and resources on [supporting researchers as they progress and keeping them on track](#)

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 [Students Union societies](#)

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](#)

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

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

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

- Signpost to [UoM Counselling service](#) guidance on dealing with stress

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

- Signpost them to the [UoM Academic Writing training programme](#)

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

- Check any reporting processes in the [UoM Supervision Policy for PGR degrees](#)
- Discuss any underlying concerns with your supervisee, by phone if necessary

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

- Signpost to [UoM Counselling service](#) guidance
- Signpost to UoM online coaching tool via UoM subscription to [Silver Cloud](#)
- Signpost to UoM Counselling [workshop on managing low mood](#)