



1 – 3 Nov. 2023

Well-being

Health

Inform

Mental Relief

Resilience

Prevent

Positive

Attitude

Sensitize

Mental Health Awareness Days

for doctoral and postdoctoral researchers
Improving the resilience during the early career phases

The Mental Health Awareness Days are a joint initiative of Leipzig University, Friedrich Schiller University Jena, Martin Luther University Halle-Wittenberg, yDiv/iDiv and HIGRADE/Helmholtz-Centre for Environmental Research. The event is open to interested doctoral and postdoctoral researchers of all participating institutions. Supervisors are welcome as well.

MARTIN-LUTHER-UNIVERSITÄT
HALLE-WITTENBERG



iDiv

German Centre for Integrative
Biodiversity Research (iDiv)
Halle-Jena-Leipzig

Gesundheitspartner:



FRIEDRICH-SCHILLER-
UNIVERSITÄT
JENA



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Centre for Environmental Research