RESOURCES FOR SUPPORTING GRAD STUDENT WELLBEING

1. MENTAL HEALTH & WELLNESS
   - Talkspace
   - Very Well Mind
   - U Lifeline
   - NAMI (National Alliance on Mental Illness);
     - helpline: 800-950-6264
     - or text NAMI TO 741741

2. MEDITATION AND MINDFULNESS
   - Calm
   - Noisli
   - Liberate (for People of Color)
   - Stop Breathe Think
   - Trauma Conscious Yoga
   - Black Lives Matter Mindfulness Meditation

3. SELF CARE
   - Self-Care Game
   - Self-Care Resources
   - Creating a Self-Care Plan
   - Academic Mental Health Collective
   - Active Minds Mental Health

4. MANAGING STRESS & PTSD
   - A Very Mixed Record on Grad Student Mental Health
   - Battling Bullying in Academe
   - Coping with PTSD
   - Faculty Reflections on Stress
   - Identifying PTSD Triggers

5. RESISTING THE FALLACY OF UNWORTHINESS
   - What Happens After You’ve Gotten All the A’s
   - A Phenomenology of Shame, or, Life (and Death) in Graduate School
   - CV of Failure
   - Debunking the Shame In You Should Be Writing
   - Self-Criticism and the Academy
   - Still Here, Still Fighting: My Nonlinear Journey to ABD

6. SUGGESTED SCHOLARLY READING
   - Austin, 2002
   - Gildersleeve, Croom, & Vasquez, 2011
   - McGee & Stovall, 2015
   - Posselt, Reyes, Slay, Kamimura, & Porter, 2017
   - Truong & Museus, 2012

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