“Let’s Talk About It: A Mental Health Seminar Series for Postgraduate Scholars”

**Name of institution and initiative lead**
RCSI University of Medicine and Health Sciences. Dean Lennon, the Postgraduate Research Recruitment & International Officer from the School of Postgraduate Studies in collaboration with Celina Flocks Monaghan, a 3rd year postgraduate research scholar.

**Date and timeframe**
Academic year 2023, February-March

**What was the reach?**
The RCSI Postgraduate Research Scholar cohort

**Aims and Objectives**
To provide an educational and supportive space for postgraduate scholars to discuss and address their unique mental health needs during the PhD journey.

**Aligned frameworks, policies, or strategies**
This series was formed as an RCSI STEP Programme project to promote student-staff collaboration. As such, the established STEP framework was utilised to prioritise the goals and targets for this initiative:

- **This initiative focused on the STEP guiding principles of community, trust, inclusivity, and empowerment within the cohort.**

**Project Collaborators**
Three of the four seminars were hosted by RCSI internal staff, including two professors from the Centre for Positive Health, and one staff member from the Centre for Mastery: Personal, Professional & Academic Success. (CoMPPAS) office. Only one speaker was external, a consultant psychologist from the non-profit Dragonfly Mental Health.

**Key Learning Points**
Postgraduate scholars have an expressed need for.
Meaningful impact on the mental health of a postgraduate cohort does not have to be grandeur, and can be done adequately through small group discussions where a scholar feels supported and understood.

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**Healthy Campus Process**

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(Credit: RCSI Student Engagement and Partnership Programme)