



Healthy Campus Case Study



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“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:



(Credit: RCSI Student Engagement and Partnership Programme)

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.

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit	Personal & Professional Development	Mental Health & Wellbeing	Students
Coordinate			

