Mental Health Support for Graduate Students

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What I do for DEI

• Staff Advisor to Cultivating Change chapter at OSU
  • Supporting LGBTQ+ graduate and undergraduate students
  • Faculty advisor – Jonathan Jacobs, Plant Pathology
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  - Power and privilege
  - LGBTQ+ issues
  - Bystander intervention
  - Anti-Asian racism
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The Second Pandemic: Understanding and Challenging the Rise in Anti-Asian Racism in the Wake of COVID-19
Tuesday, September 1 | 6 – 8 p.m.
## Resources on DEI Website

https://equityandinclusion.cfaes.ohio-state.edu/home

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Title</th>
<th>Time</th>
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<tbody>
<tr>
<td>9</td>
<td>The Second Pandemic: Understanding and Challenging the Rise in Anti-Asian Racism in the Wake of COVID-19</td>
<td>02:00pm to 04:00pm</td>
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<td>10</td>
<td>Graduate Student Support Group</td>
<td>04:30pm to 05:30pm</td>
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<tr>
<td>11</td>
<td>Cultivating Your Network of Mentors, Sponsors &amp; Collaborators Webinar</td>
<td>02:00pm to 03:30pm</td>
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<td>12</td>
<td>Where do we go from here?: A live virtual discussion on anti-racism efforts</td>
<td>02:00pm to 03:30pm</td>
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<td>13</td>
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Confidential peer-led support group

Meets every Tuesday and Friday, 4:30-5:30PM (Zoom)
Informal discussion about any topic including:

- Life/work balance
- Interpersonal relationships
- Medical issues
- Difficulties with advisors
- Conflict with peers
- Depression
- Anxiety
- Writing challenges
- Family
- Community building
- Research
- Courses
- Feelings of isolation
- Coping with change
Self-care – Sharpening the Saw

“Often times we are so busy sawing that we forget to sharpen the saw” –Stephen Covey (The 7 Habits of Highly Successful People)

“Give me six hours to chop down a tree and I will spend the first four sharpening the axe” –Unknown
What makes you feel…

Balanced?
Fulfilled?
Inspired?
Renewed?
Healthy?
Enriched?
Stable?
Happy?
Stimulated?
Energized?
What does self-care look like?

- Dog park
- Nature
- Guitar
- Family
- Friends
- Gardening
- Massage
- Chiropractor
- TV shows
- Thrifting
- Dating
- No-work weekends
- Enough sleep
- Healthy food
- Grooming
- Medications
- Clean house
- Meditation
- Bird feeders
- Lite book (winter)
- Counseling
David Wirt, M.Ed., LPCC-S  
Embedded Clinical Counselor  
College of Food, Agricultural, and Environmental Sciences  
614-292-5766  
wirt.9@osu.edu  

David is available for new consultations and routine care. To schedule with him, please call Counseling and Consulting Services at 614-292-5766 to schedule a phone screening. **Be sure to mention your affiliation with CFAES.**
Don’t hesitate to reach out for support

- Life stressors can impact your academic performance and delay your progress
- If you find yourself struggling, overwhelmed, worrying excessively, anxious, depressed, not eating or sleeping, reach out to someone
- Nothing, including coursework, research, your GPA, is more important that your health, well-being, and safety
- Getting help is a smart and courageous thing to do and there’s no reason to be ashamed!