



Mental Health: A Key to Your Safety

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Mental health is a crucial aspect of overall safety and well-being, especially for graduate students navigating the pressures of academic life. With suicide ranking as one of the leading causes of death among students in the United States, it is important to highlight the importance of recognizing and addressing mental health needs. Proactive measures and support can significantly reduce the risk of suicide and promote a safer environment for all students.

The Easiest Step: Just Show Up!

Stress and anxiety often beget feelings of isolation, especially in onerous environments such as graduate school. Attending events is a great opportunity to connect and make friends with people who understand the challenges associated with graduate school.

The good news? OChEGS and ChESST are constantly organizing events for graduate students. Whether it is a casual hangout, a game night, or a pizza party, these are the perfect opportunities to take a break and have fun with your peers.

So, don't hesitate the next time you see an event pop up. Just go! Not only will you feel less isolated, but you will also make some amazing friends along the way.

OChEGS and ChESST events are often advertised through email and the OChEGS discord channel which can be joined [here](#).

Support is Just Around the Corner!

Whether you need someone to talk to or want to learn new skills, resources are available to help you.

Curious to learn more or ready to take the step?

Just head over to their website at uh.edu/caps.



What is stopping students from reaching out?

We know reaching out for help can be daunting, a few common concerns and solutions are provided below.

Privacy: Will my appointments and discussions be confidential?

Are you worried that seeking help might get back to your supervisor and colleagues or even end up on your permanent record? Take a deep breath—it will not! CAPS is all about keeping your business, your business. CAPS prioritizes confidentiality and privacy above all else. **Nothing you discuss will be shared with your department or academic record without your explicit consent.**

You are extraordinary: What if they do not understand my unique situation?

International students often worry that cultural differences may prevent CAPS staff from truly understanding their struggles (i.e. culture shock, homesickness). However, **UH being one of the most diverse campuses in the U.S. indicates that CAPS staff are well equipped to engage with a wide range of social and cultural issues.**

Finite Time: What if I do not have time between experiments and assignments?

The hectic life of a grad student can make it feel like there is no time for therapy. However, CAPS offers flexible options to fit even the busiest schedules. The **Let's Talk** program is a quick, 20-minute session available both in-person and virtually. No appointment is needed, and you can drop by at your convenience (see the [weekday schedule](#)). **Focused Care Hour** appointments give you over 20 minutes to work through more specific concerns if you desire more time.

In the event of any situations that make you feel unsafe, please share with others via this form: [Near Miss/Accident Reporting](#)

For any questions, concerns, or more resources, please contact us at UHChESST@gmail.com