

Workshop for PhD students on promoting mental health

Pursuing a PhD comes with unique pressures and expectations that can impact mental health. This interactive workshop offers PhD students a space to explore the challenges to mental well-being commonly encountered during the doctoral journey.



Workshop aims

- Foster individual insight.
- Provide practical strategies for maintaining mental wellbeing throughout the PhD.

Participants will ...

- Reflect on their own mental health.
- Receive evidence-based input on mental health in academia.
- Engage in hands-on exercises to strengthen psychological resilience, self-awareness, and sustainable work habits.

Monday, 9.11.2026

09.00 until 12.00, at Berufs- und Informationszentrum (BIZ, Bremgartenstrasse 37, 3012 Bern), room will be communicated to participants.



Please register by 31st of October via [Link](#) or directly by sending an e-mail to florence.epiney@unibe.ch. You will receive a confirmation e-mail.

Please note: places are limited.

This workshop is exclusively for PhD students, free of charge and will be held in English.

Led by Mirjam Zeiter, Universities of Bern Counselling Centre.



Kanton Bern
Canton de Berne

Beratungsstelle der Berner Hochschulen
Service de conseil des hautes écoles bernoises
Universities of Bern Counselling Centre

Phil.-hum. commission for diversity and equal opportunities
Equity Officers of the Institute of Social and Preventive Medicine

u^b

b
UNIVERSITÄT
BERN