

Bridging Perspectives:

A Dialogue on Diversity and Mental Health in Science



MHFA: Mental Health First Aiders

Who we are



Almost everyone knows someone around them who suffers or suffered from psychological problems. CECAD actively promotes trained MHFA as contact persons for co-workers who are also able to actively approach people and offer support.



“ Through my work, I have learned that researchers get into psychologically challenging situations more often than one might think at first glance. I would like to help identify these situations as early as possible and provide assistance in overcoming these challenges.

Achim

Professor at CECAD and at Institute of Medical Statistics and Computational Biology



“ As an empathetic person with a sensitivity to the concerns and needs of those around me, as a mental health first-aider I gained a deeper understanding of the struggles of persons in crisis and how to be able to offer more effective and competent support.

Alex

Lab manager at Trifunovic Lab



“ In the challenging environment of science and clinical practice it is crucial to promptly identify potential mental health issues, such as depression or addictions, to support colleagues, and, if necessary, to facilitate professional help. Recognizing a problem is a big step towards solving it.

Bernhard

Professor at CECAD



“ I became a trained Mental Health First Aider to be able to help and support the people around me at my institute during difficult moments in their job and life. The training provided me with important strategies and tools on how to detect possible psychological disorders and which First Aid measurements needs to be undertaken.

Désirée

Senior Scientist at Frezza Lab



“ We often prioritize our physical health over our mental health, even though both are equally important and interconnected. I consider it an important task to encourage people to pay attention to their mental health and to support the destigmatization of mental illnesses.

Franziska

Postdoc at Hoppe Lab



“ Taking care of your mental health is the most important step to achieve all your other goals in life. There is no shame in seeking mental help, it's okay not to be okay

Gianmaria

Group leader associated with CECAD



“ I see my role as supporting scientists so that they can focus more on the science. Mental health issues can be a big hurdle in this process, and as an MHFA I hope to be able to identify and help overcome them.

Julia

CECAD coordinator
Career Development and Diversity



“ I believe equipping ourselves with the right tools can be immensely useful to help others during challenging times. Hence, I am happy to be part of a group that's creating a supportive and safe environment whenever these tools are most needed.

Katharina

Doctoral researcher at Walzack Lab



“ I want to be prepared. Just as I learned CPR, I also want to help someone in a mental health crisis.

Luisa

Doctoral researcher Krüger Lab



“ I take from the course a better understanding and confidence in dealing with a mentally-issued person. I have a courage to ask a question carefully and act quickly if necessary. This basic knowledge is a great enrichment both privately and professionally. I am glad to be an Aider.

Prerana

Scientist at the CECAD Proteomics Facility



“ Undergoing MHFA training has significantly improved the way I perceive and address mental health challenges in both my personal and professional life.

Sotirios (Soto)

Doctoral researcher at Hoppe Lab



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TOGETHER WE CAN.



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