100 Voices Project by Zoë Ayres

Transcription

# Number 1

## Professor Bhavik Patel (@BhavikAnilPatel on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Electroanalytical sensors for bio-applications and new approaches for teaching analytical chemistry.

**Tell us about your mental health journey?**

I experienced anxiety and depression throughout my academic journey. From the start of my academic journey until now, my work-life balance was all over the place, leading to burnout.

**What advice would you give others?**

If you are feeling down and nothing feels as fun as it used to - seek help. Health comes first.

# Number 2

## Dr Nat Rodrigues Lopes (@NatRodLopes1 on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Ultrafast lasers to understand how different molecular processes redistribute/dissipate energy.

**Tell us about your mental health journey?**

It took me a while to recognise it but during my PhD and Postdoc (and even now) I struggle with anxiety and burnout. Trying to work on noticing signs my mental health needs attention. Work in progress!

**What advice would you give others?**

Be kind to yourself. There is always more to be done and you cannot ever do it all!

# Number 3

## Fay Lin (@xiaofei\_lin on Twitter)

## She/her/hers

## United States

**What do you research?**

Math modelling to understand how our immune system distinguishes different health threats.

**Tell us about your mental health journey?**

During my PhD I experienced a major depressive episode in a new city with no support networks. Mentors suggested I didn’t belong in science because of my mental health. They were wrong!

**What advice would you give others?**

People who tear you down will always exist but so do people who offer compassion. Stay resilient!

# Number 4

## Katherine Hatcher (@superchiasmatic on Twitter)

## She/her/hers

## United States

**What do you research?**

How hormones and endocrine disruptors are related to sleep/depression in menopausal women.

**Tell us about your mental health journey?**

I have battled depression and anxiety most of my life, and it got worse at grad school. I learned to navigate my PhD/life due to self-care, therapy, meds and a strong support network.

**What advice would you give others?**

You are NOT alone. Find your community, support network and strategies you need to thrive.

# Number 5

## Juanita Limas (@proud\_rpcv on Twitter)

## She/her/hers

## United States

**What do you research?**

Cell cycle regulation, specifically how DNA is prepared and copied in cells under stress.

**Tell us about your mental health journey?**

As a first gen Mexican-American PhD student I felt I needed to work ten times harder. Losing a dear friend to suicide has made my PhD more difficult. I have started initiatives to address these issues.

**What advice would you give others?**

People will say things that make you feel stupid. You are not: you are amazing!

# Number 6

## Dr Dan Lester (@PolymerRTP on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Polymer and materials. I run a research facility where I develop new methods to push boundaries.

**Tell us about your mental health journey?**

I suffered from anxiety and depression without knowing it. I became irrational and reserved, and developed an unhealthy relationship with alcohol. I still have relapses, but I manage it better.

**What advice would you give others?**

Open up. Talk to someone. Build a support group. Most of all – be honest. My door is always open.

# Number 7

## Dr Jennifer Paxton (@Dr\_JZP on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

I’m a tissue engineer currently investigating ways to grow new body parts in the laboratory.

**Tell us about your mental health journey?**

I’ve experienced anxiety and impostor syndrome for a long time, becoming detrimental to my work when I returned from maternity leave. It’s taken a lot of effort to re-establish a healthy balance.

**What advice would you give others?**

Make sure you make time for family and hobbies. These are important things that make you, you!

# Number 8

## Dr Joseph Ward (@iosefward on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Bioinformatics, specifically genomics, with a leaning towards computer infrastructure.

**Tell us about your mental health journey?**

I’ve always suffered with depression/anxiety but only had it diagnosed during my PhD. Bounced up and down a lot since but only got a handle on it after my second course of counselling.

**What advice would you give others?**

Talk about it! Don’t be ashamed, don’t be afraid. The more open I’ve been with it, the easier it is.

# Number 9

## Dr Tara Schiller (@Materials\_girl on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Structure-property analysis and mechanisms of change in soft matter.

**Tell us about your mental health journey?**

Last year I found out I have dyslexia. Majority of my anxiety, it turns out, is from dyslexia triggers. I’ve taken medical time off to get things sorted. I now try to help others in similar situations.

**What advice would you give others?**

Honesty is important. Allow others to help you. Receiving help is not failure, it is empowerment.

# Number 10

## Dr Andrew Princep (@AJPrincep on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Quantum behaviour of magnetic crystals to better understand how we can make/improve materials.

**Tell us about your mental health journey?**

Grant and fellowship rejections as a postdoc were really hard for me. I lost passion for my work. The competitive nature of academia skyrocketed my impostor syndrome. This was a struggle.

**What advice would you give others?**

Find sources of strength outside of work – friends, hobbies, family. These are invaluable.

# Number 11

## Jelena Brasanac (@JBrasanac on Twitter)

## She/her/hers

## Germany

**What do you research?**

Neuroimmunology of stress in depression and multiple sclerosis.

**Tell us about your mental health journey?**

I experienced anxiety and burnout, overidentified myself with work and dealt with bullying co-workers. I learned to value and treat myself better, seeing science as just a part of my life.

**What advice would you give others?**

Open up about your struggles, do regularly what you love beside word, and start meditating.

# Number 12

## Dr Prerana Sabnis (@preranasabnis on Twitter)

## She/her/hers

## India

**What do you research?**

The role of the intraparietal sulcus in correctly comprehending complex sentences.

**Tell us about your mental health journey?**

My PhD was tumultuous. I experienced very high stress from my mother’s cancer diagnosis and eventual death, combined with intercontinental moves. I eventually reached emotional burnout.

**What advice would you give others?**

Trust yourself. You’ll know deep down what is right for you. Always prioritise self-care.

# Number 13

## Dr Wendy Ingram (@pyromantism on Twitter)

## She/her/hers

## United States of America

**What do you research?**

Using electronic health records and genetic data to understand mental health etiologies/treatment.

**Tell us about your mental health journey?**

I have a familial bipolar disorder. It is a double-edged sword: it allows me to be creative and compassionate in ways others can’t, but it is debilitating at times and potentially lethal.

**What advice would you give others?**

Learn everything you can about what you are struggling with and enlist a supportive network.

# Number 14

## Dr Jess Boland (@drjessboland on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Use of terahertz spectroscopy/microscopy for characterising nanomaterials for devices.

**Tell us about your mental health journey?**

During my postdoc, my hearing levels deteriorated drastically before and ear operation. Communication issues made me feel stressed, frustrated and worse – isolated.

**What advice would you give others?**

No one is alone. Talk to others – share your feelings. Having someone just listen really helps.

# Number 15

## Dr Jess Wade (@jesswade on Twitter)

## She/her/hers

## London

**What do you research?**

New materials for electronic devices.

**Tell us about your mental health journey?**

I never feel like I am as ‘good’ as everyone around me or that I ‘deserve’ to be where I am. But thinking like that makes me sad, so I keep myself busy that I don’t have time to worry. I’ve recently learned the value of talking to others.

**What advice would you give others?**

Keep/make space in your timetable to do what makes you feel good every day.

# Number 16

## Dr Gabriel Meloni (@Gabrielnegrao\_ on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

New electrochemical tools to understand biological interfaces at the single organism level.

**Tell us about your mental health journey?**

Academia made me second guess (not in a good way) all my actions. If I got a grant, I waited for an email telling me it was a mistake. This added to my depression and body dysmorphia.

**What advice would you give others?**

Be the best version of yourself. Don’t aim to be better than others. Be authentically you.

# Number 17

## Bárbara Pérez Köhler (@Barb\_PK on Twitter)

## She/her/hers

## Spain

**What do you research?**

Biomaterials endowed with antibacterial drugs to prevent infection in abdominal hernia repair.

**Tell us about your mental health journey?**

I’ve done both PhD and Postdoc at my university, and wish to become a Professor here, but my position is temporary and the future is uncertain. Will I ever get stability? This affects my mental health.

**What advice would you give others?**

Research is a wonderful but long-distance race. Make sure to celebrate every good moment.

# Number 18

## Dr Victor See (@AstroVictorSee on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

The rotation and magnetic activity evolution of stars similar to our Sun.

**Tell us about your mental health journey?**

I developed an anxiety disorder in my first postdoctoral position with knock-on effects like low self-esteem. These issues set in when I found mistakes in some of my published papers.

**What advice would you give others?**

Scientists are human and we are fallible. We all make mistakes and that is okay.

# Number 19

## Daniel Ranson (@xiaofei\_lin on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Molecular mechanism of alcohol addiction using fruit flies to mimic addictive behaviour.

**Tell us about your mental health journey?**

I was diagnosed with clinical depression following a suicide attempt during my undergraduate studies. My mental health has been bad at times but global awareness has made coping with my PhD easier.

**What advice would you give others?**

Listen to the advice of your cheerleaders. Know that it is okay to say no. Learn to love yourself.

# Number 20

## Karen Tang (@KarenTang\_ on Twitter)

## She/her/hers

## Canada

**What do you research?**

Co-morbid addictive disorders and behaviours (e.g. vaping, mental health, video games, gambling).

**Tell us about your mental health journey?**

I had my first panic attack recently during class. Even I, a future psychologist, will experience mental health concerns. I raise awareness for mental health and addictions, particularly within minority communities.

**What advice would you give others?**

Adopt self-compassion into your daily routine. Be kind to yourself – remember ‘this too shall pass’.

# Number 21

## Dr Shikta Das (@shikta\_das on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Genetics and environmental factors associated with cardiovascular diseases.

**Tell us about your mental health journey?**

I am a Type A personality who enjoys keeping busy all the time. Hence, my mental health is always on a joy ride. Moreover, responsibilities can take a toll as I wear my heart on my sleeve.

**What advice would you give others?**

Make your mental health your priority. Your mental health journey will change and adapt through life.

# Number 22

## Judith De Mel (@Judithdemel on Twitter)

## She/her/hers

## United States

**What do you research?**

Structure and dynamics of lipid membranes and their nano-scale interactions.

**Tell us about your mental health journey?**

I experienced a major burnout halfway through my PhD despite good resilience. I also realized that many stimuli were external factors that I had no control over, but I wish I did at the time.

**What advice would you give others?**

I have had to learn to let go a lot. Try to learn to let go of what’s not under your control.

# Number 23

## David Thewlis (@DavidThewlis12 on Twitter)

## He/him/theirs

## United Kingdom

**What do you research?**

Medical student education strategies, and more recently COVID-19 immunological assays.

**Tell us about your mental health journey?**

Front-line healthcare has been hard for me, given I have dealt with the after effects of childhood trauma my whole life. Through intensive therapy, I’ve gained the tools to move forward.

**What advice would you give others?**

Seek help early. Try to accept that there is no quick fix and hard work is needed.

# Number 24

## Cate Field (@catefield on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Creativity within education, specifically for special needs and disabilities in mainstream schools.

**Tell us about your mental health journey?**

30 years of black dog moments – the concept of depression always looming in the background. I have developed coping strategies and now know what I need to keep myself healthy.

**What advice would you give others?**

Find what makes you feel better. Make sure that is part of your ordinary life. Keep it simple.

# Number 25

## Dr Georgina Sauzier (@georginasauzier on Twitter)

## She/her/hers

## Australia

**What do you research?**

Improved approaches for the analysis and interpretation of forensic evidence.

**Tell us about your mental health journey?**

Post-PhD I struggled with a loss of routine and uncertainty over my future, leading to depression and anxiety. I tried to cope by overloading on work and nearly burned out within 18 months.

**What advice would you give others?**

Take time for yourself and find a healthy outlet – whether it’s colouring, yoga, or calling your mum!

# Number 26

## Olga Vvedenskaya (@earlgrey\_addict on Twitter)

## She/her/hers

## Germany

**What do you research?**

Liver cancer and precancerous conditions using mass spectrometry.

**Tell us about your mental health journey?**

Growing up in a family of alcoholics, I ended up with chronic PTSD, depression and a hair-pulling disorder as an adult. With appropriate medication and a psychotherapist, I am on a better path.

**What advice would you give others?**

Although scary, try to talk to your colleagues and friends openly about mental health challenges.

# Number 27

## Brittany Uhlorn (@BrittanyUhlorn on Twitter)

## She/her/hers

## United States

**What do you research?**

The interplay between the immune system and HPV, the most common STD.

**Tell us about your mental health journey?**

I developed an eating disorder as a way to cope with underlying mental health issues that were triggered during my PhD. Now recovered, I aim to use my story to inspire and raise awareness.

**What advice would you give others?**

Build a life that brings you joy and supports your wellbeing, not one that pleases others.

# Number 28

## Ang Po Kai (@angzyme on Twitter)

## He/him/his

## Singapore

**What do you research?**

Developing new insights into the formation of hydrogen-producing enzymes.

**Tell us about your mental health journey?**

I am a PhD student who struggles with depression and anxiety. The relationship with my PI did not work out after years and I was let go, whilst I was overseas as part of my joint program.

**What advice would you give others?**

Be kind. Whether it is being kind to others or, more importantly, being kind to yourself.

# Number 29

## Claire Doswell (@claire\_chem on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Development of magnetic resonance imaging techniques for novel battery chemistries.

**Tell us about your mental health journey?**

I experienced burnout during my PhD and struggled to manage the impact that my dyslexia and dyspraxia had on my research. I have since discovered a work flow that works for me.

**What advice would you give others?**

Know your own limits. You know what you need better than anyone else.

# Number 30

## Lewis King (@LewisKing17 on Twitter)

## He/him/his

## Ireland

**What do you research?**

The mental health of jockeys.

**Tell us about your mental health journey?**

Upon beginning my PhD, I experienced (and still do, but to a lesser extent) intense periods of depression and anxiety. Impostor syndrome, moving to a new country, and the isolation associated with PhD life, all heavily contributed.

**What advice would you give others?**

Talk to someone. Visiting a psychologist is the best thing I’ve done for my mental health.

# Number 31

## Faye Watson (@fayewatson94 on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

How plants interact biochemically during fertilisation.

**Tell us about your mental health journey?**

During my PhD I had anxiety which I fought for a year before deciding to listen to my gut and quit. I realised my passion did not lie with doing research, and that is okay. Never been happier!

**What advice would you give others?**

Listen to your gut, and be kind to yourself. If it doesn’t feel right, it probably isn’t.

# Number 32

## Charlotte Farrow (@FazCharlotte on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

DNA based therapeutic delivery systems using solid-phase DNA synthesis.

**Tell us about your mental health journey?**

Anxiety has always played a role in my career, contributing to impostor syndrome and being very hesitant to reach out for opportunities. I’ve slowly become more comfortable with my worth.

**What advice would you give others?**

Even if you don’t feel you’re good enough for a job or opportunity, apply anyway.

# Number 33

## Katie Love (@love\_kitkat on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Respiratory diagnostics via metabolomics, focusing on pleural effusions.

**Tell us about your mental health journey?**

I was diagnosed with PMDD a few years ago. At my previous job I felt uncomfortable sharing my diagnosis, with negative effects. However, I have had positive experiences sharing this in academia.

**What advice would you give others?**

Speak up about how you’re feeling. Be your own advocate. People can be very accommodating.

# Number 34

## Zoë Penko (@zoehyesong on Twitter)

## She/her/hers

## United States

**What do you research?**

Mathematical modelling with experimental techniques in environmental fluid mechanics.

**Tell us about your mental health journey?**

I am learning to take care of myself so I can be the best version of me. I am trying to discern pushing myself because of ambition or because I don’t want to let someone else down.

**What advice would you give others?**

Don’t feel bad about asking potentially ‘dumb’ questions if the answers are not obvious for you.

# Number 35

## Annisa Sidi (@nisasidi on Twitter)

## She/her/hers

## Indonesia

**What do you research?**

National, ethnic and religious identity as well as multiculturalism in Indonesia.

**Tell us about your mental health journey?**

I experienced depression and anxiety during my PhD, fuelled by academic and economic demands and family situations. I sought out professional help after having self-destructive thoughts.

**What advice would you give others?**

Be kind to yourself, seek out people you trust to confide in, and seek our professional help early.

# Number 36

## Alessandra Zimmermann (@alesszimm on Twitter)

## She/her/hers

## United States

**What do you research?**

Equitable STEM education access and science policy, with a PhD in Biochemistry.

**Tell us about your mental health journey?**

I have suffered from impostor syndrome and anxiety since I was a child, and had panic attacks during my PhD. Mentors and friends helped me which made me want to help others, too.

**What advice would you give others?**

Find something you’re good at, outside of work, so that you can succeed even when you feel low.

# Number 37

## Dr Alex Elliott (@AJElliott on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Modelling and experimental techniques for complex vibrations.

**Tell us about your mental health journey?**

I was diagnosed with OCD during my undergrad and continue to manage this. I particularly struggle with stress, so times in PhD in which nothing seemed to be working were hard.

**What advice would you give others?**

Academic progress is non-linear. There’ll be times where nothing works – it’s part of the process.

# Number 38

## Dr Abigail Phillips (@abigailleigh on Twitter)

## She/her/hers

## United States

**What do you research?**

A range including: youth, empathy, mental illness, libraries, librarianship and cyberbullying.

**Tell us about your mental health journey?**

I’ve struggled for so long, but I think my journey really began when I became very open about my experiences with mental illness. I’ve grown in my ability to articulate what being mentally ill means.

**What advice would you give others?**

Reach out if you can to friends and family. You’ll be surprised how many others are with you.

# Number 39

## Rad Haghi (@radhaghi on Twitter)

## He/his/him

## Canada

**What do you research?**

Using uncertainty quantification methods in wind turbine simulations.

**Tell us about your mental health journey?**

During my PhD, many times, I felt inadequate, vulnerable, behind and anxious, feeding into my pre-existing depression and anxiety. This is a vicious cycle, but I’ve learned how to break it.

**What advice would you give others?**

Don’t compare yourself with others. Find a hobby, exercise, meditate and talk with others openly.

# Number 40

## Christopher Jackson (@seis\_matters on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Geometry and evolution of sedimentary basins.

**Tell us about your mental health journey?**

Everything was fine – until it wasn’t. Poor mental health hit me during my PhD. Strangely, however, it was unrelated to my studies, or seemingly anything else. This made it hard to deal with. Friends and (prescribed) drugs helped me through.

**What advice would you give others?**

Talk and share, if you can. And listen; more folks are impacted by poor mental health than you think.

# Number 41

## Dr Lea Martin (@DocLeaMaria on Twitter)

## She/her/hers

## United States

**What do you research?**

Data governance, investigating what factors drive scientists to share or not share their data.

**Tell us about your mental health journey?**

In grad school my anxiety and impostor syndrome turned into depression. Luckily, medication and a wonderful therapist helped me recover. I decided to leave academia and now work at a non-profit.

**What advice would you give others?**

If something feels off, it probably is. Remember, everyone deserves to look forward to tomorrow.

# Number 42

## Robert Ulrich (@RobertNUlrich on Twitter)

## He/him/they

## United States

**What do you research?**

I study how marine organisms make their minerals (i.e. shells, skeletons).

**Tell us about your mental health journey?**

Growing up queer, you know you’re ‘different’ but don’t have the words to name why. I didn’t face my anxiety and depression until my early-20s. I realised they were negatively impacting my life.

**What advice would you give others?**

Many of us survive our struggles and wat to help others; make sure you aren’t going to burn out.

# Number 43

## Julze Alejandre (@JulzeAlejandre on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Prescribing blue space interventions and green pharmaceuticals.

**Tell us about your mental health journey?**

Things were messy growing up. It took me ages to realise – that’s when I got diagnosed with anxiety, depression, obsessive perfectionism, and PTSD. I always feel people are waiting for me to explode.

**What advice would you give others?**

Self-care is effective when you’re ready to face your vulnerabilities. Take your time.

# Number 44

## Adrienne Adele Cox (@adrienneadelee on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

How *P. aeruginosa* senses biochemical host factors and how this aids its survival within CF airways.

**Tell us about your mental health journey?**

I have Tourette’s and anxiety. They are closely linked so if one gets worse, the other does. When my mental health is bad, my tics can get very painful which takes its toll physically, but also mentally.

**What advice would you give others?**

Nurture every part of your life, not just your work. Endeavour to use your weekends for adventures.

# Number 45

## Dr Beth Sawyer (@eb\_sawyer on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Mechanisms of protein synthesis in the human pathogen *mycobacterium tuberculosis*.

**Tell us about your mental health journey?**

I have borderline personality disorder and have also experienced an eating disorder and self-harm. To help maintain my mental health I regularly run, volunteer, and play various music ensembles.

**What advice would you give others?**

Be aware that people can seem high-functioning in one area whilst struggling in others.

# Number 46

## David Mark (@davidrconmark on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Soil bacteria to try and discover novel antibiotics.

**Tell us about your mental health journey?**

I spent the first year of my PhD plagued by impostor syndrome, depression and anxiety. It impacted my work, reaching its worst when I attended my first conference to deliver a poster. With a lot of work, things are getting better.

**What advice would you give others?**

Embrace your good das and be forgiving of yourself during your bad days.

# Number 47

## Kevin Bolton (@KevinPBolton on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Developing computational tools for policy decision-makers.

**Tell us about your mental health journey?**

I have had anxiety and depression since my early teenage years. Over the past three years I have worked with a therapist to work on understanding my relationship with my own mental health.

**What advice would you give others?**

Trust your instincts and know there are people out there who love you for your authentic self.

# Number 48

## Ritwika VPS (@Ritwikavps on Twitter)

## She/her/hers/they

## United States

**What do you research?**

Multi-agent search processes in complex environments.

**Tell us about your mental health journey?**

I’ve had depression for a long time and developed severe anxiety during my PhD; there were days I couldn’t get out of bed. I eventually sought help – meds and a great therapist have done wonders.

**What advice would you give others?**

It is ok to be sad/tired sometimes. Acknowledge your feelings and take a moment to breathe.

# Number 49

## Ayushi Nayak (@ayushi\_nayak on Twitter)

## She/her/hers

## Germany

**What do you research?**

Ancient farming societies in South Asia.

**Tell us about your mental health journey?**

I was diagnosed with depression and anxiety which came with a lot of self-doubt and isolation. Whilst I have continued to battle mental health issues, thanks to medication, therapy and friends/family, I have learnt how to be kind to myself.

**What advice would you give others?**

Mental health issues can be very isolating so reach out for help from friends, family and professionals.

# Number 50

## Professor Nazira Karodia (@nazira\_karodia on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Green chemistry and STEM education research with a focus on inclusive STEM education.

**Tell us about your mental health journey?**

I grew up under Apartheid in South Africa. I saw the wrecking force of poverty and disadvantage. I was angry and I still carry much of it. Against that I have gained strength from family and friends.

**What advice would you give others?**

Seek a community; we cannot be alone. Explore your strengths, find new talents – I did.

# Number 51

## Leanne Burton (@leanne\_burton90 on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Evaluating sport-for-health interventions for a local football foundation.

**Tell us about your mental health journey?**

I had two episodes of severe anxiety which resulted in time off sick – during my PhD and during my first job. Impostor syndrome and my OCD perfectionism played a major role in this.

**What advice would you give others?**

Don’t be so hard on yourself – you’re only human. Ask for help, people are very understanding.

# Number 52

## Lauren Young (@Young\_LaurenM on Twitter)

## She/her/hers

## Australia

**What do you research?**

The relationship between diet quality, nutrient status and psychological wellbeing in the ageing brain.

**Tell us about your mental health journey?**

During my PhD I suffered a head injury which led to post-concussive syndrome and depression. Having a support network of supervisors and friends guided me to recovery.

**What advice would you give others?**

Good mental health should always come first. Without it, good research is not possible.

# Number 53

## Simon Harrisson (@polyharrisson on Twitter)

## He/him/his

## France

**What do you research?**

Polymerization kinetics and gradient copolymers.

**Tell us about your mental health journey?**

I was already struggling to cope with relationship problems and a looming relocation. Then my daughter fell seriously ill. Counselling helped me by giving me a safe space to talk about my fears and work through the issues I was facing.

**What advice would you give others?**

It’s not a sign of weakness to ask for help. Don’t bottle up your feelings out of shame or loyalty.

# Number 54

## Emily King (@Eking\_Sci on Twitter)

## She/her/hers

## Australia

**What do you research?**

How mitochondria may cause Type 2 Diabetes.

**Tell us about your mental health journey?**

I developed the misguided belief that I’m only of vale when I achieve highly. This drove me into the ground during my PhD. After years of therapy, medication and a restructured approach to life, I’m finding the courage to simply be me.

**What advice would you give others?**

Shift your definition of success. Mine is now good health, relationships and passion above all else.

# Number 55

## Michelle Jonika (@michellejonika on Twitter)

## She/her/hers

## United States

**What do you research?**

Genome evolution using genomics, bioinformatics and machine learning.

**Tell us about your mental health journey?**

My anxiety increased during my PhD due to higher demands, impostor syndrome, and self-assigned pressure. While low-levels of anxiety can motivate me, I can now identify when it gets too much.

**What advice would you give others?**

Take time for mental health. Check-in with friends. We’re all going through battles – be kind to others.

# Number 56

## Amber Hornsby (@amber\_hornsby on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Developing detectors to observe the oldest light in the Universe – the Cosmic Microwave Background.

**Tell us about your mental health journey?**

I hit the PhD ‘second-year slump’ hard. I felt behind compared to peers and didn’t understand why I couldn’t cope. Eventually I turned to meds and therapy to help my anxiety and depression.

**What advice would you give others?**

Be honest about progress and ask for help if you are struggling – this applies to work and mental health.

# Number 57

## Emily Gelzer (@egelz519 on Twitter)

## She/her/hers

## United States

**What do you research?**

Movement Ecology – how animals move across and interact with the landscape.

**Tell us about your mental health journey?**

I struggle with anxiety, depression, and impostor conversations are welcome, normalizing it. This support has made all the difference.

**What advice would you give others?**

Remember to be kind to yourself and that you are not alone in this journey.

# Number 58

## Revathi Reddy (@reddyrevathi96 on Twitter)

## She/her/hers

## Canada

**What do you research?**

Creating newer and effective tools for rapid serological diagnosis of infectious diseases.

**Tell us about your mental health journey?**

I suffer with anxiety and used to have panic attacks when I first moved to Canada. As an international student, the transition was taking a toll on my mental health. With therapy, I realized that I am not alone.

**What advice would you give others?**

You cannot pour from an empty cup so take care of yourself first. Trust me, you are not alone!

# Number 59

## José Augustín Moreno-Larios (@manoentintada on Twitter)

## He/him/his

## Mexico

**What do you research?**

The relationship between optical aberrations and ultrashort pulses frequency content.

**Tell us about your mental health journey?**

I’ve struggled with feeling worthless and that I don’t fit in. I went to counselling and I sought psychiatric help when I felt so overwhelmed with work/life, to the point of being paralyzed.

**What advice would you give others?**

Reflect on how you feel in a daily basis. If you are not okay, there are people who can assist you.

# Number 60

## Elizabeth James (@eaj24 on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Student (undergraduate) mental health, mental time travel, emerging adulthood and identity.

**Tell us about your mental health journey?**

I found it hard to decide which direction to take when I was younger, and this caused anxiety, confusion and self-blame. Thinking and reflecting led me to my current research into adult identity.

**What advice would you give others?**

Try to do some physical activity every day, at whatever level works for you. Baking is also good!

# Number 61

## Manpreet Kaur (@kaurchemist on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Polymer based nanoparticles for targeted drug delivery, especially for tuberculosis.

**Tell us about your mental health journey?**

During my BSc I struggled with self-esteem and felt hopeless, triggered by impostor syndrome. After seeking counselling, I learned nothing works if you aren’t happy so I now focus on that first.

**What advice would you give others?**

If you are perpetually tired, you are not just tired. If you are struggling, reach out!

# Number 62

## Prathyush Sambaturu (@prathyushspreaks on Twitter)

## He/him/his

## United States

**What do you research?**

Approximation algorithms, network science, and computational epidemiology.

**Tell us about your mental health journey?**

I faced many rejections before and during my PhD. Occasional successes made me feel like an impostor. I went through periods of isolation. I started sharing my experiences to help others.

**What advice would you give others?**

Postponing self-care is a common mistake we make. Focus on self-care now not in the future.

# Number 63

## Nadia Fernandez (@TheNadiaFern on Twitter)

## She/her/hers

## United States

**What do you research?**

Molecular approaches to study populations of a freshwater fish species, the Golden Dorado.

**Tell us about your mental health journey?**

I’ve battled guilt and disappointment in myself for not working more, given my full to do list. I’m learning over time to prioritize my rest and health which means, taking time off from work.

**What advice would you give others?**

Be kinder to yourself and reward yourself for accomplishments no mater how small the task.

# Number 64

## Dr Christine Lockey (@DrLockey on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

The structure and activity of integral membrane proteins.

**Tell us about your mental health journey?**

I have suffered with anxiety my entire life; I finally sought help from my doctor when it almost caused me to quit my PhD. I have had to retrain myself to handle stress and pressure productively.

**What advice would you give others?**

Ask for help. Ask friends, family, or teachers. Ask your doctor. You deserve support; reach out for it.

# Number 65

## Dr Matthew Leech (@MattTheChemist on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Using electricity to synthesise pharmaceutically important organic molecules.

**Tell us about your mental health journey?**

During my PhD I struggled with depression and anxiety. Impostor syndrome was a big problem at the beginning of my postdoc. I am now a trained mental health first aid champion, so I can help others.

**What advice would you give others?**

Make time for yourself. Even if it’s only one hour per day – do something you enjoy outside of work.

# Number 66

## Tina Del Carpio (@TinaDelCarpio on Twitter)

## They/them

## United States

**What do you research?**

Genetics and epigenetics of wild canids, particularly foxes and wolves.

**Tell us about your mental health journey?**

I started having panic attacks as a pre-teen. College was the first time I tried therapy and got into mindfulness. Therapy and anti-anxiety meds have helped me establish a mental health routine.

**What advice would you give others?**

Tend to your mental health like physical health and have regular ‘check-up’ support from friends/mentors.

# Number 67

## Angelico Obille (@ScientistAnjo on Twitter)

## He/they

## Canada

**What do you research?**

Freshwater mussel adhesive proteins to develop medical adhesives and antifouling technology.

**Tell us about your mental health journey?**

Managing life with complex PTSD, anxiety, and depression is a struggle. It makes it hard to connect with other scientists sometimes, but the process of building my community is rewarding.

**What advice would you give others?**

Maintaining sustainable routines and habits is key to setting you up to succeed.

# Number 68

## Smiti Nathan (@travellingarch on Twitter)

## She/her/hers

## United States of America

**What do you research?**

Ancient decision-making in Oman and Ethiopia via interdisciplinary archaeological methods.

**Tell us about your mental health journey?**

I experienced postpartum depression and anxiety during my postdoc. My mental health improved when I left for another role. I still take things day-by-day, but prioritizing a supportive workplace has helped.

**What advice would you give others?**

There are people out there that can help you. It might take time to find them, but don’t give up.

# Number 69

## Kiri Thornalley (@kizzythechemist on Twitter)

## They/them/theirs

## United Kingdom

**What do you research?**

Understanding the impact of the protein corona on the biological fate of nanoparticles.

**Tell us about your mental health journey?**

I’ve lived with depression and panic disorder since childhood with OCD joining the party when I started university. Through meds, therapy and peer-support groups, I am now more in control.

**What advice would you give others?**

Your brain may tell you it is only you who feels like this, but it could not be further from the truth.

# Number 70

## Rebecca Walley (@WalleyGeology on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

The recovery of plants and animals in the Early Jurassic after global mass extinction event.

**Tell us about your mental health journey?**

I thought starting a PhD with depression would mean I’d easily notice when my mental health was suffering – but I still found it hard to accept that I needed a break. Taking a break, I came back better!

**What advice would you give others?**

Be honest with yourself. It means you’ll be able to get the right help you need at the right time!

# Number 71

## Dr Aya Abdalla (@AyaAbd5HT on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Point of care diagnostic tools.

**Tell us about your mental health journey?**

My PhD was a difficult time for my mental health, as I was not used to failing and had no training on how to face that obstacle. Naturally, I blamed myself and impostor syndrome contributed greatly to my depression.

**What advice would you give others?**

Failure, like success, is a part of life, so learning how to combat these feelings is important.

# Number 72

## Karim Mitha (@\_KarimMitha on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Social identity, structural racism, and Muslim mental health.

**Tell us about your mental health journey?**

Being neurodivergent and BAME brings additional intersectional levels of discrimination from intercultural stereotypes/assumptions and intra-cultural stigma, which has affected my mental health.

**What advice would you give others?**

You’re not alone in your experience. Support from others with shared experience can help.

# Number 73

## Chenai Muchena (@ch3rrie007 on Twitter)

## She/her/hers

## Denmark

**What do you research?**

Gender and health disparities in Cancer care, addressing inequitable access in LMICs.

**Tell us about your mental health journey?**

I have had to face my fear of failure, lack of confidence, and impostor syndrome during my research. The ongoing crisis has put all our lives on hold forcing us to face our daily anxieties.

**What advice would you give others?**

You cannot pour from an empty cup! Take time to care for yourself, so you can serve others better.

# Number 74

## Tim Beard (@TimBear07090329 on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Genetic markers for use in plant breeding.

**Tell us about your mental health journey?**

I’ve had severe depression and anxiety, as well as substance misuse since childhood. During my 1st PhD attempt, I was diagnosed with complex PTSD after a nervous breakdown due to a bereavement. I’m now 2 years sober, learning to manage PTSD.

**What advice would you give others?**

Learn to listen to yourself, be kind to yourself, and a good therapist can make a huge difference!

# Number 75

## Dr Susanne L Harris (@SusannaLHarris on Twitter)

## She/her/hers

## United States

**What do you research?**

How bacteria attach to the roots of plants.

**Tell us about your mental health journey?**

I’ve dealt with mental illness for as long as I can remember. Grad school brought out the worst, when I failed a key exam and was living on my own. This was the darkest period of my life, and I had to get a lot of help to keep going.

**What advice would you give others?**

Remember, you’ve got through dark times before. You’ll get through this, too.

# Number 76

## Flavia-Bianca Cristian (@CurlyNeuron on Twitter)

## She/her/hers

## Romania

**What do you research?**

The consequences of DNA mutations on the development of the brain.

**Tell us about your mental health journey?**

Living abroad, moving from one country to another, multiple times has been taxing. I am now learning how to manage my mental health in a constructive way, even when the environment seems hostile.

**What advice would you give others?**

Pretending that things are easy can be a trap – admitting they are not ends up being rewarding.

# Number 77

## Lauren Gillespie (@radhaghi on Twitter)

## She/her/hers

## United States

**What do you research?**

Sexual selection and reproductive and stress physiology in birds and mycelial-grown bee hotels.

**Tell us about your mental health journey?**

I am bipolar and struggle with anxiety and depression. I take my days one at a time. I rely on therapy and medication to manage my symptoms and my friends and family for support.

**What advice would you give others?**

Be vulnerable and share. Sharing my struggles helps connect me with my students and friends.

# Number 78

## Kellie Cook (@envirokell on Twitter)

## She/her/hers

## Australia

**What do you research?**

Hailstorm climatology to assist with future hailstorm and hazard prediction.

**Tell us about your mental health journey?**

I developed severe anxiety and sadness after my PhD advisor died suddenly, which became worse when I had to change my research topic. I felt very alone and still struggle with anxiety.

**What advice would you give others?**

Be your own advocate and reach out to people for encouragement and support.

# Number 79

## Hung Lo (@HungLo\_tw on Twitter)

## He/him/his

## Germany

**What do you research?**

The neurosciences behind why we binge eat.

**Tell us about your mental health journey?**

I’m in the middle of my PhD and barely feel accomplished. I worry if I’m good enough and whether I’ll end up with a mediocre PhD and not be qualified to stay. My existential crisis is made worse coming from an unrecognised country.

**What advice would you give others?**

All the struggles that we feel are real and you are already good enough. Don’t be hard on yourself.

# Number 80

## Aranzazu Carmona Orbezo (@ACarmonaOPhD on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Design and optimization of capacitive desalination systems to decrease energy consumption.

**Tell us about your mental health journey?**

Late in my PhD I was diagnosed with burnout syndrome caused by years of overworking and not allowing myself to relax. I was suffering from a lot of anxiety and even severe physical pain.

**What advice would you give others?**

Don’t compare yourself to others. Each one of us has our path and comparisons cause anxiety.

# Number 81

## Ashleigh Barrett-Young (@sciashleigh on Twitter)

## She/her/hers

## New Zealand

**What do you research?**

Retinal biomarkers of cognitive deterioration and psychosocial determinants of health.

**Tell us about your mental health journey?**

I was diagnosed with PND and anxiety during my PhD. I realised my anxiety has been around for a long time, so I had to learn new coping strategies to manage my workload and family life.

**What advice would you give others?**

Listen to your body! Nausea and sore neck/jaw are signs I need to relax and focus on my mental health.

# Number 82

## Avery Cunningham (@Nuqueerengineer on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Nuclear science and materials.

**Tell us about your mental health journey?**

When I was 17, I was diagnosed with severe anxiety and depression. Learning to manage my symptoms during my A-levels and my undergrad has been a challenge and something I’m still working towards.

**What advice would you give others?**

A good support system is key. I wouldn’t be where I am without my chosen family.

# Number 83

## Nathasia Muwanigwia (@Tasia1409 on Twitter)

## She/her/hers

## Luxembourg

**What do you research?**

I use human stem cell based models to understand Parkinson’s disease.

**Tell us about your mental health journey?**

I was recently diagnosed with an anxiety disorder. I am the poster child for ‘high functioning anxiety’. It was easier to ignore it and consume myself in work. I’m now working to change that.

**What advice would you give others?**

The first step is acknowledging you have an issue. Once you do – there is no shame in seeking help.

# Number 84

## Virginia Brancato (@VirginiaBranca3 on Twitter)

## She/her/hers

## Portugal

**What do you research?**

In-vitro alternative models to study breast cancer microenvironment.

**Tell us about your mental health journey?**

I experienced anxiety during my postdoc. I ended up taking time out to declutter my mind. I came back to the lab stronger and leaving behind me the feeling of not being adequate.

**What advice would you give others?**

Find someone that listens without judgement. Do not be scared to show weakness, it is a strength.

# Number 85

## Rob Nicholas (@RobNicholas3 on Twitter)

## He/him/his

## United States

**What do you research?**

Antibiotic resistance in *Neisseria gonorrhoeae*.

**Tell us about your mental health journey?**

As a postdoc, I suffered from a crisis of confidence in myself. I was at a personal low point at the time, but this pilled over to whether I was good enough to be in science. I needed therapy to adjust perceptions of myself as a scientist.

**What advice would you give others?**

Remember that you are often your own worst critic. Believe in yourself and your abilities.

# Number 86

## Adriana Bankston (@AdrianaBankston on Twitter)

## She/her/hers

## United States

**What do you research?**

University research policies.

**Tell us about your mental health journey?**

Last year I experienced personal and professional transitions, resulting in depression and anxiety, which also affected other aspects of my life. I’m hoping to use this experience to advocate for mental health needs and resources for early career scientists.

**What advice would you give others?**

Asking for help doesn’t make you weak, so take charge of your mental health sooner rather than later.

# Number 87

## Andrey Kurenkov (@andrey\_kurenkov on Twitter)

## He/him/his

## United States

**What do you research?**

Better reinforcement learning and computer vision techniques for learned robot manipulation.

**Tell us about your mental health journey?**

I dealt with a severe episode of depression just as I was starting to apply to PhD programs following a challenging project. I almost did not apply, but luckily therapy and family helped me through.

**What advice would you give others?**

Build a strong support network, find resources near you and above all be honest with yourself.

# Number 88

## Dr Dominic A. Sirianni (@andrey\_kurenkov on Twitter)

## He/him/his

## United States

**What do you research?**

Quantum mechanics to study chemical behaviour using software engineering and computation.

**Tell us about your mental health journey?**

The anxiety and depression I’d had since my teens took over in grad school, leaving me catatonic for over a year. Thanks to a combo of therapy and meds, I have regained control of my life.

**What advice would you give others?**

You can’t choose to have a disease, but you can choose not to suffer alone. Reach out!

# Number 89

## Dr Kirsty Ross (@drkirstyross on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

I am a full-time public engagement professional, with a background in microbiology.

**Tell us about your mental health journey?**

I’ve had depression and short stint of self-harm from 16, with anxiety added to the mix during PhD and postdocs. Using CBT, I’ve set healthier boundaries with family members and work.

**What advice would you give others?**

By knowing the signs, avoiding relapses is easier. You’re a work in progress; be kind to yourself.

# Number 90

## Alex Wailan (@AlexM\_Wailan on Twitter)

## He/him/his

## Australia

**What do you research?**

The plasmid biology and evolution of antimicrobial resistant bacteria via computational analysis.

**Tell us about your mental health journey?**

Whilst overseas, in my first staff position I was diagnosed with clinical depression. It took me many months to understand how to recover from depression and counter high anxiety.

**What advice would you give others?**

Learn and work on yourself. Identify insecurities and improve on them. It’s a process starting with you.

# Number 91

## William Glass (@W\_Glass on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Computational biophysics where I use simulations to study protein dynamics.

**Tell us about your mental health journey?**

During my PhD I experienced anxiety and depression, as well as impostor syndrome. Fear of failure is a recurring theme but now I know failure is one of the best ways to learn and grow.

**What advice would you give others?**

Grow a strong support network, exercise regularly, and celebrate your imperfections.

# Number 92

## Professor Alex Olaya-Castro (@AlexOlayaCastro on Twitter)

## She/her/hers

## United Kingdom

**What do you research?**

Quantum effects in biomolecular systems with the aim of bridging quantum science and biology.

**Tell us about your mental health journey?**

After the birth of my second child and trying to keep my career afloat, tiredness took hold. I realised it wasn’t just tiredness; I was burnt out, reaching both physical and mental exhaustion.

**What advice would you give others?**

Set priorities. Seek help. And if you can, demand workplace accountability about burnout.

# Number 93

## Mick Staniforth (@scienceburrito on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Ultrafast laser spectroscopy – photochemistry and photophysics.

**Tell us about your mental health journey?**

During my PhD I had serious suicidal depression. This went untreated for some time as I felt it weak to resort to counselling/medication. Luckily, I fought past these prejudices to get help.

**What advice would you give others?**

You can’t beat depression alone; solitude feeds it. Reach out to others and let them reach out to you.

# Number 94

## Dr Steve Ellison (@slrellison\_lgc on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Physical organic chemist – NMR and MO theory; now stats in analytical chemistry.

**Tell us about your mental health journey?**

An undergraduate friend talked about suicide. Back then, student mental health awareness was low; I didn’t take her seriously enough. Within weeks, she was in hospital after a suicide attempt.

**What advice would you give others?**

Take any suggestion of self-harm seriously. Do something. Not taking it seriously could risk a life.

# Number 95

## Dr Steve Ellison (@slrellison\_lgc on Twitter)

## He/him/his

## United Kingdom

**What do you research?**

Physical organic chemist – NMR and MO theory; now stats in analytical chemistry.

**Tell us about your mental health journey?**

An undergraduate friend talked about suicide. Back then, student mental health awareness was low; I didn’t take her seriously enough. Within weeks, she was in hospital after a suicide attempt.

**What advice would you give others?**

Take any suggestion of self-harm seriously. Do something. Not taking it seriously could risk a life.

# Number 96

## Megan Huber (@m\_dot\_hub on Twitter)

## They/them/theirs

## United States

**What do you research?**

How smoking and COPD affect the immune response to bacterial infection in airways/lungs.

**Tell us about your mental health journey?**

I was diagnosed with ADHD after battling inability to focus, procrastination, and constant mental ‘static’ for 20 years. I now raise awareness that ADHD is more than just laziness.

**What advice would you give others?**

Strive to do the best you can for the moment and forgive yourself for imperfections. You are enough.

# Number 97

## Dr Marissa Kate Edwards (@DrMarissaKate on Twitter)

## She/her/hers

## Australia

**What do you research?**

Mental health and wellbeing in academia, student engagement and emotions in the workplace.

**Tell us about your mental health journey?**

I am a perfectionist and I experienced significant anxiety and many prods of burnout while completing my PhD. After a long time, I finally understand the importance of self-care and rest.

**What advice would you give others?**

Surround yourself with people who care about you. Don’t be afraid to seek professional help.

# Number 98

## Sophia Upshaw (@theGoodGraduate Twitter)

## She/her/hers

## United States

**What do you research?**

Using modelling-informed synthetic biology to study proteolytic networks in various disease states.

**Tell us about your mental health journey?**

I grew up struggling with seasons of anxiety and depression. Upon starting graduate school, I went to the Counselling Center and started group therapy for the first time. If only I had started sooner!

**What advice would you give others?**

Ask for help. It’s hard enough to balance your mental health so bring others along for the journey.

# Number 99

## Trevor Rapson (@trevor\_rapson on Twitter)

## He/him/his

## Australia

**What do you research?**

Bioinorganic chemistry and electrochemistry.

**Tell us about your mental health journey?**

I have struggled with depression for most of my life. This became particularly bad during my PhD, and I have had two periods of major depression during my postdoctoral years. At times I have needed to take prolonged periods of sick leave.

**What advice would you give others?**

Work does not define you. Make sure you have interests outside of work.

# Number 100

## Lilly Chiou (@Lilly\_Chiou on Twitter)

## She/her/hers

## United States

**What do you research?**

Exploiting the molecular differences between cancer and normal cells to improve cancer therapy.

**Tell us about your mental health journey?**

As a self-critical perfectionist, I often felt like I couldn’t contribute meaningfully to science. Finding mentors hat let me learn and grow did wonders to change my mindset.

**What advice would you give others?**

Celebrate every success! You deserve to feel proud of your accomplishments, big or small.