Transcript of the Technician Mental Health Awareness poster by Dr Zoe Ayres for Accessibility

This poster explores some of the common stressors that technical staff experience in their strive for academic success.

Number 1: Not acknowledged.

Often, despite significant contributions to research projects, technical staff do not get acknowledged for their contributions.

Number 2: Frontline support.

Often interacting with students and being friendly face, students often confide in technical staff. This can add additional strain on technicians.

Number 3: Little progression.

Opportunities for improving skills and continuing depression professional development and take the back seat an opportunities to progress to senior roles can be limited.

Number 4: Problem fixers.

It is often the case that interactions with others are due to problems with equipment, making interactions not for a positive reason.

Number 5: Skills undervalued.

Technicians bring skills and expertise their roles but can often be undervalued for their skills, despite years of experience.

Number 6: Varied pay scales.

it can be frustrating to see similar job positions, with no changing responsibilities, for higher wages elsewhere, even within the same University.

Number 7: No specific support.

Mental health support is often orientated around undergraduates, with a lack of specific events and support to help support technical staff.

Number 8: Pulled always.

Often instrument managers, technicians, have to cope with researchers wanting their research done right away. Precious to prioritise work and frustration vented towards the technical staff are common.

Number 9: Not part of the club.

Seen by some as part of academia but not really part of the academic club, is antiquated we can make it incredibly difficult for technicians to navigate academia, being treated like second class citizens.

Number 10: Talk down to.

Sometimes treated just like a technician by some academics making working life difficult to navigate. Lack of respect is common.

Number 11: Invisible workforce.

Lots of studies have been conducted into wellbeing of staff in academia, but technicians often get forgotten, this the term invisible.

Number 12: Lack of recognition.

Many awards are given to academic staff, but technical staff are often forgotten, despite key contributions to great scientific advancements.

Part of the mental health series by Dr Zoë Ayres free to distribute. With thanks to several academics for useful discussions including professor Bhavik Patel and professor Adrian Dobbs.