

FOCUS: MENTAL HEALTH

DR. SENAIDA

October 15, 2021
11:00 to 14:00
ICFO Auditorium and Online (Zoom)

Launch event of the new initiative with activities that promote awareness of Mental Health. This initiative builds on a larger year-long agenda that aims to promote diversity and awareness at ICFO, including the long established ICFOnians for Women in Science Month, drawing attention to gender issues in science, and the first ICFO PRIDE celebration organized by ICONS this year.

Agenda:

- **Introduction**: Laia Miralles, Human Resources Head and Chair of the ICFO Diversity and Equity Committee
- **i¿½La Maratoi¿½ 2021- Mental Health**: Launch of ICFO's Marato community initiative
- **Invited Talk: i¿½Intro to Mental Health Literacyi¿½ created by Dragonfly Mental Health: Dr. Senaida Hernandez**, ICFO PhD graduate, now Postdoc at the Universidad Politecnica de

Madrid and volunteer in the international academic mental health NGO, Dragonfly Mental Health.

Abstract: There are many misconceptions about psychiatric disease, what causes it, who is at risk, and how it manifests. Increasingly we are understanding how immense a problem this is within academia. That is why in this seminar we will include information about the prevalence of mental health illness in general and academic populations, an overview of signs and symptoms highlighting those seen in academic settings, and the science underlying the causes and treatments of mental illnesses. Additionally, open ended questions will be used to facilitate discussion and provide community specific insight on how to further improve mental health.

All ICFOnians are welcome and encouraged to participate in the live event that will take place in the Auditorium.

The event will also be broadcast via ZOOM for those who are unable to attend in person

ZOOM LINK TO JOIN IN: **http://s.ic.fo/FocusMentalHealth151021**

Hosted by: Laia Miralles (Human Resources Head and Chair of the ICFO Diversity and Equity Committee)