

# Workshop “Mental Health”

## Scope

The workshop will give an introduction into the topic of mental health, including its definitions, contents and goals, related facts and figures as well as causes and symptoms of mental disorder. You will learn practices to foster your mental health. A special focus is on topics which are typical for doctoral and postdoctoral researchers.

## Schedule

16 October 2024  
10:00 – 17:00 h

## Place

KIT  
MZE, Building 30.48, Room 018

## Workshop Instructor

Birgit Schwinn

## Registration

The workshop is open for GS-EES members and all POLiS affiliates including post-docs.

The number of participants is restricted to 15. If we receive more registrations, we will organize an additional workshop as soon as possible.

Participants of this workshop can gain 0,5 CP for “Equal Opportunities / Diversity / Mentorship” in the GS-EES qualification program.

Register [online](#) until 29th September 2024