

## Researcher wellbeing



Undertaking excellent research requires a positive, supportive and inclusive **research culture**. Promoting good mental health and wellbeing at work is an important part of this and is all our responsibility. Researcher wellbeing needs to underpin all research activities – it's not an 'add-on'.



Our staff researchers at any career stage can access all the latest **wellbeing information and support** through the University of Huddersfield's [Staff Wellbeing Hub](#). If you are a manager of other researchers, you might also find this useful for conversations with your research team. You can stay up to date with wellbeing support and events across the University via the People First newsletter.



For researchers dealing with **sensitive or emotionally challenging research topics** there can be additional risks and challenges which should be recognised. The [RES-WELL toolkit](#) (developed by a team at UCL) provides some further thoughts and strategies for consideration here.

## Confidential wellbeing support for all university staff

You can contact [Staff Wellbeing Confidential Support](#) 24/7 about any issue that is affecting your wellbeing - call [0330 380 0658](#) or [0800 023 9324](#) (freephone). Calls are answered by a trained counsellor who can help immediately in a crisis. This service is available free and in confidence to any staff member.

## Mental Health First Aiders and staff Wellbeing Champions

The University has a network of trained [Mental Health First Aiders](#) (MHFAs) who can offer a supportive wellbeing conversation. If you are feeling stressed, anxious or overwhelmed you can contact any MHFA, they do not have to be from your School.

Our Staff Wellbeing Champions also support the staff wellbeing agenda, with a focus on awareness, prevention and championing good practice across all aspects of wellbeing. We are actively looking for Wellbeing Champions from the researcher community if you would be interested in getting involved.

## Researcher wellbeing: ideas for action

- Incorporate wellbeing into your research team meetings as a regular discussion item.
- Create a dedicated wellbeing plan when engaging in a research project that may be emotionally challenging. This should help you identify potential warning signs and consider strategies for support.
- Talk to your line manager - it's important they are aware of issues which may impact on your wellbeing and can also support you with a referral to Occupational Health if needed.
- Take time out if you need it – the Staff Wellbeing Room (SB10/07a) is available if you need a space to go to and sit quietly.
- Look after your physical wellbeing – see what's available via [ActiveHud](#), or take a walk round campus.
- Connect with other colleagues through groups such as the staff choir (Thursdays) and Menopause Talk & Support (monthly meetings), or by joining one of our [staff networks](#).
- Look out for other events and activities, including during the University's Wellbeing Week.
- Make time for reflection. Our (online) '[Reflections for Researchers](#)' sessions provide time and space for reflection in a supportive environment.
- Check out the [Wellbeing E-Learning Suite](#) for a range of online courses that may be useful.
- Work with a coach on a wellbeing goal or work challenge (find out more about [Coaching and Mentoring](#)).

## Further involvement/your suggestions

If you have ideas for initiatives to specifically support researcher wellbeing and would like help getting something started, please contact [Alison Monkhouse](#).

