

NuFFER Online Event #1

Mental Health in Early Career Research

March 24

3 – 5 pm

Zoom link: <https://hzdr-de.zoom-x.de/j/66578614934?pwd=vL0fAW5jx341zhzlwxE08j1AneOY3e.1>

Meeting ID: 665 7861 4934

Passcode: nuffer

About the Event

Join us for the first NuFFER event dedicated to **mental health in academia**, with a focus on the challenges faced by early career researchers.

Speakers & Session Overview

Dipl.-Psych. Jörg Bergmann (lecturer, Berlin Clinical psychology, Germany)

Mr. Bergmann is expert in practical support for researchers and scientific organization and will provide insights into key mental health challenges in academia and share practical tools to support well-being in research environments.

Dr. Francesca Cavanna (Senior Nuclear Astrophysicist, INFN Torino, Italy)

Dr. Cavanna will provide the researcher's perspective, sharing experiences and engaging in discussion during the Q&A session.

The event will begin with a short introduction to NuFFER, followed by the keynote talk, a moderated discussion, and an open Q&A with participants.

The session is designed as an interactive space and explore practical strategies for maintaining mental well-being in academia.

A brief outlook on NuFFER upcoming events will conclude the event