

Themes

Proposed Researcher-Led Mental Health and Wellbeing Initiatives should fall within one of the broad themes outlined below. These themes reflect the suggestions for interventions made by University of Sussex doctoral researchers attending focus groups as part of the

activities and groups which were either actually separate to the university or provided a sense of separation from the doctoral research and process.

Theme 5: Curating experiences of research process - seminars and events *"with more of a focus on the people rather than the publications"* and that *"allow people to express how their time is going, structured in a more focused way to build healthy working practices"*

Doctoral researchers emphasised a desire to share their own and learn about others' experiences of the research process - contrasting this to resources and training packages