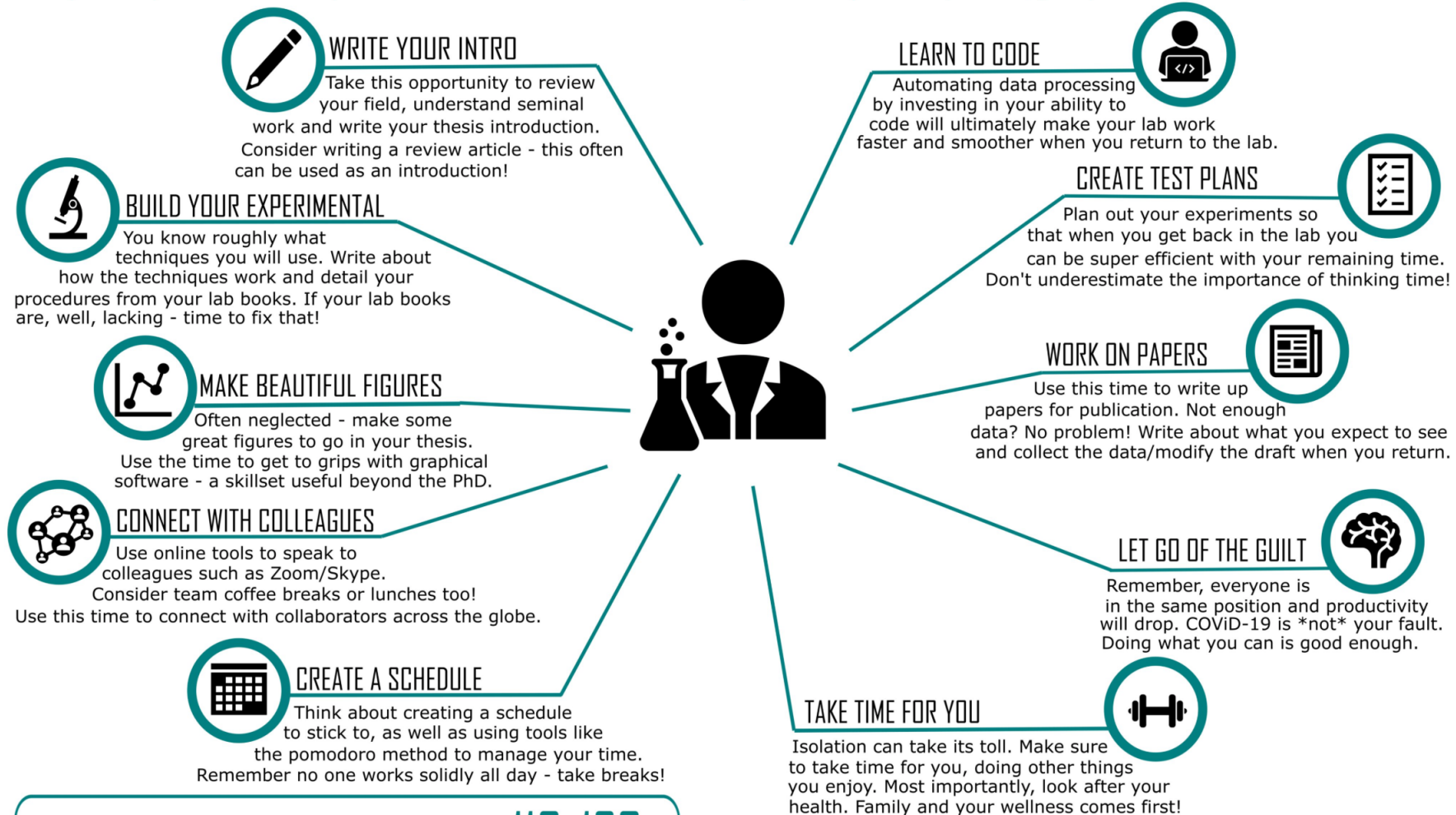


SCIENTIST WITHOUT A LAB? A PhD RESEARCHER GUIDE TO COVID-19

In these unprecedented times, many of us are finding ourselves without the ability to perform lab work and are having to self-isolate. This poster explores some of the options for PhD researchers in these uncertain period to help alleviate pressure, guide productivity and maintain mental wellness.



STRUGGLING WITH ISOLATION?
NEED SOMEONE TO TALK TO? CALL SAMARITANS NOW ON 116-123

Part of the #mentalhealth series by Dr Zoe Ayres (@zjayres). Free to distribute.