

# Silent suffering with invisible scars: An academic's journey with PTSD

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- ▶ Trauma can leave physical and invisible scars.
- ▶ I am stronger than this challenge and this challenge is making me stronger.

Daddy's little girl




“...I felt like I was watching life from above...”

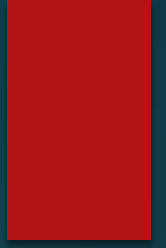




separation of body and mind

A woman with long dark hair and a somber expression holds a white sign. The sign has the text "I thought he LOVED me" written in black marker. The word "LOVED" is in all caps. The background is dark, and the entire scene is framed within a teal gradient background with a red rectangle in the top right corner.

I thought  
he LOVED me





# Culture of acceptance of mental health problems in academe

INSTITUTIONAL RESOURCES ARE INADEQUATE FOR FACULTY



FEATURES

# Helping students with mental health issues

How the best practices in working with students with learning disabilities are paving the way to improve outcomes for students who are emotionally distressed.

By LARRY MCCLOSKEY + JOHN MEISSNER | September 11, 2013

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Photos by Shanghoon.

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**STUDENT VOICES**

# Dealing with mental health: a guide for professors

By CAROLINE ANNE KOVESI | November 23, 2015

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I am many things: the president of Mount Allison's Sociology Society, a dance teacher, and a passionate learner. I am also a student living with anxiety and depression. As a firm believer in the value of learning from others' lived experience, I think that we ought to take more time to listen closely to one another. Based on my own experiences as well as an initiative I ran last year through a anti-stigma mental health group that asked students to list practical ways their professors supported them in times of distress, I've compiled a list of suggestions for professors on how to support students with mental illness. The list is not complete or representative of every mental illness, nor do I claim to even begin to understand the challenges involved in being a professor. These are simply ideas borne from students like myself, eager for professors to better understand our experiences.

First day of classes

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## Dealing with anxiety as a professor

Yes, the stress of work can be immense, but I've developed a few simple tricks to keep it under control.

By DAVID SMITH | May 14, 2014

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I have been feeling bit down lately. Maybe this is to be expected. It's been a brutal winter and a stressful school year, my first as an assistant professor. I'm adapting to a new city, new job and new expectations.

But I'm not unique in feeling this way or facing these kinds of obstacles. All around me are students, colleagues, and staff who are dealing with the hurdles of work, life and mental health. And, if a recent [series of articles and surveys](#) by *The Guardian* are to be believed, then psychological distress is becoming a crisis on university campuses, and many students and academics are keeping their mental health problems hidden from colleagues.

As I write these words, it is the start of May and the Canadian Mental Health Association's [Mental Health Week](#) – an annual event promoting education and engagement on all issues related to mental illness. Thus, it's a good time for me to reflect on the past school year.

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FEATURES

# Crazed and Confused

Call me cuckoo - I do - but I don't understand why my university health plan won't cover treatment for mental illness.

By LYNN CUNNINGHAM | November 8, 2010

One comment | Share    



Illustrations by Tamara Shopsin.

Every couple of weeks, I find myself writing one of those old-school items: a cheque. Each is for \$150 and made out to the same health practitioner. I don't bother submitting my receipts to my university's health-care carrier; I know I won't be reimbursed because the money I'm shelling out - an amount that would buy, say, a substantial library of self-help books - is not for the right *kind* of treatment. It's not, for example, for the services of an acupuncturist, massage therapist, naturopath or chiropractor, among others who are covered by my extended health plan at Ryerson University. The recipient is a therapist with a master's of social work and 25 years' experience.

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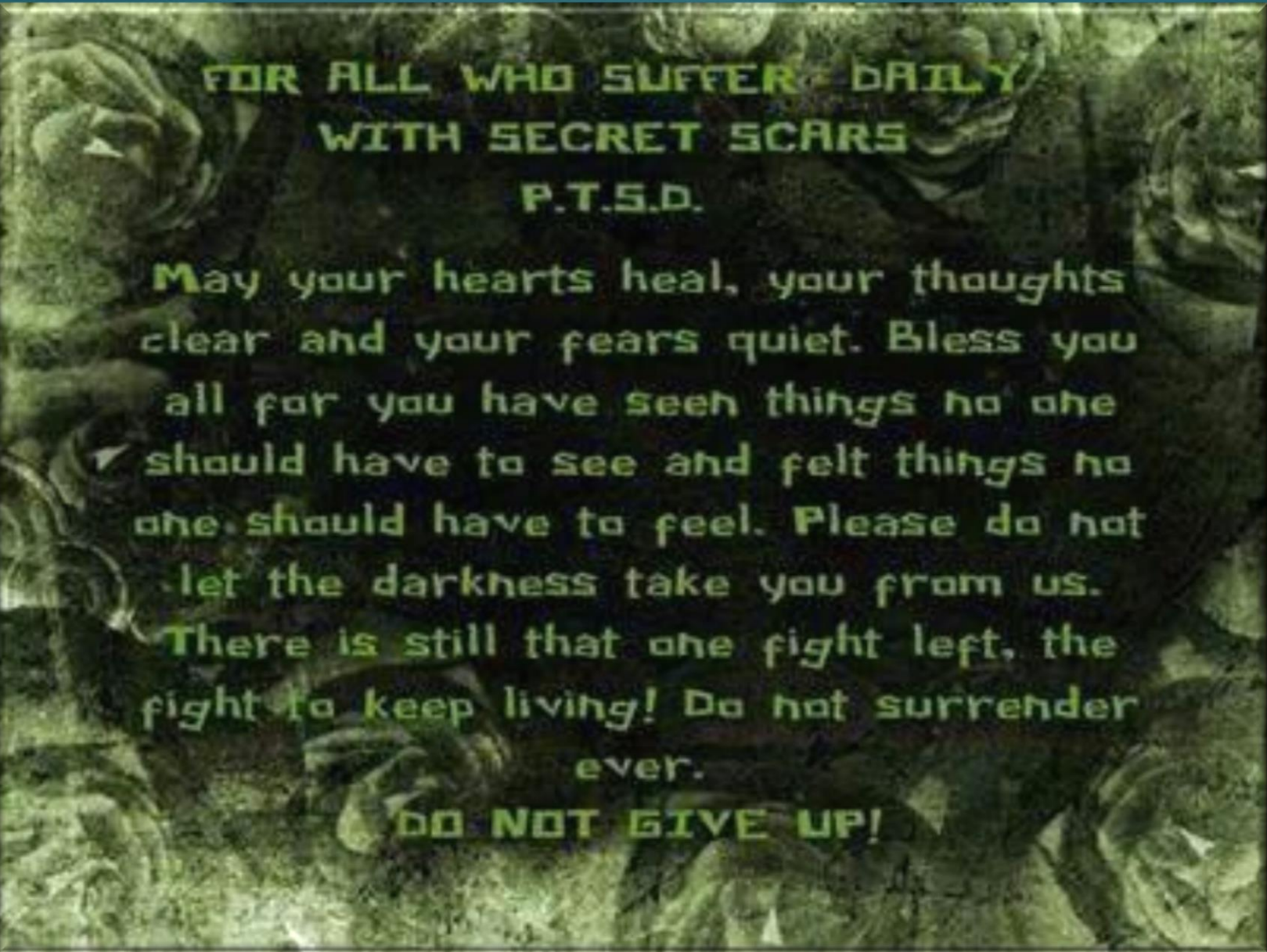
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Have patience with all things. But first of all with yourself.  
– Saint Francis de Sales –



**FOR ALL WHO SUFFER DAILY  
WITH SECRET SCARS  
P.T.S.D.**

May your hearts heal, your thoughts  
clear and your fears quiet. Bless you  
all for you have seen things no one  
should have to see and felt things no  
one should have to feel. Please do not  
let the darkness take you from us.  
There is still that one fight left, the  
fight to keep living! Do not surrender  
ever.

**DO NOT GIVE UP!**