TECHNICIAN / TECHNICAL STAFF MENTAL HEALTH

This poster explores some of the common stressors that technical staff encounter during their jobs in academia and beyond.

NOT ACKNOWLEDGED

Often, despite significant contributions to research projects, technical staff do not get acknowledged for their contributions.

FRONTLINE SUPPORT

Often interacting with students and being a friendly face, students often confide in technical staff.[1] This can add additional strain on technicians.

LITTLE PROGRESSION

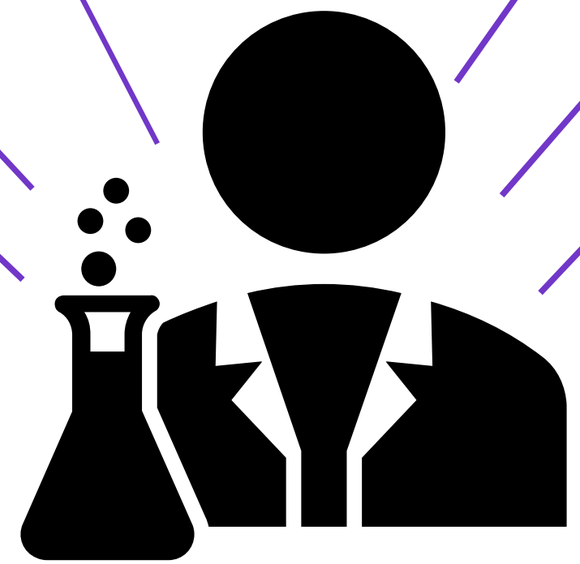
Opportunities for improving skills and continuing professional development can take the back seat, and opportunities to progress to senior roles can be limited.

LACK OF RECOGNITION

Many awards are given to academic staff, but technical staff are often forgotten, despite key contributions to great scientific advancements.

PROBLEM FIXERS

It is often the case that interactions with others are due to problems with equipment, making interactions not for a 'positive' reason.



INVISIBLE WORKFORCE

Lots of studies have been conducted into wellbeing of staff in academia, but technicians often get forgotten, thus the term "invisible".

SKILLS UNDERVALUED

Technicians bring skills and expertise to their roles but can often be undervalued for their skills, despite years of experience.

TALKED DOWN TO

Sometimes treated like "just a technician" by some academics making working life difficult to navigate. Lack of respect is common.

VARIED PAYSCALES

It can be frustrating to see similar job positions, with no change in responsibilities, for higher wages, elsewhere, even within the same university.

NOT PART OF THE CLUB

Seen (by some) as part of academia but not *really* part of the 'academic club', this antiquated view can make it incredlbly difficult for technicians to navigate academia, being treated like "second-class citizens".

PULLED ALL WAYS

Often instrument managers, technicians have to cope with researchers wanting their research done right away. Pressures to to prioritise work and frustration vented towards the technical staff are common.

NO SPECIFIC SUPPORT

Mental health support is often orientated around undergraduates, with a lack of specific events and support to help support technical staff.

SELF-HARMING?
SUICIDAL THOUGHTS? CALL SAMARITANS NOW ON 116-123

Part of the #mentalhealth series by Dr Zoe Ayres (@zjayres). Free to distribute.
With thanks to the technical staff that contributed to this poster through Twitter.

Ref 1:https://www.technicians.org.uk/assets/technician-commitment/pdfs/report-technicians-student-well-being.pdf