



The ReMO COST Action focuses on wellbeing and mental health within academia, a theme of strategic importance for the European Research Area. Previous research shows that low levels of wellbeing and mental health problems have a negative impact on individual, team and organizational performance. In addition, institutional context, organizational structure and culture, as well as managerial practices have significant impact on wellbeing and health of employees.

ReMO is collecting stories for a new podcast and a blog. If you would like to give your contribution, please read the following paragraph.

Are you an academic who has experienced a hard time in your work and personal life? Have you struggled with sleep deprivation, lack of motivation, anxiety or any broad symptom related to your personal and mental well-being? We are looking for individuals, at any stage of their career, of any gender, from any research area, to share their story. We understand that talking about issues like these may be uncomfortable for you, so we will respect your right to remain anonymous, if you wish.

Sounds like you? To share your story, please fill in this form. You will be asked general information, no details needed. You may be contacted for a follow-up informal chat with our production team.

Link to form: <https://forms.gle/CmLPvEuw9cRKmcdF7>

The deadline for submissions is September 25th. However, we start reviewing stories as soon as they come. So, don't wait!

Should you have questions or doubts, please reach out at: remo.cost.action@gmail.com

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