

Abstract Submitted  
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**Student-led Initiatives Toward Improving Graduate Student Mental Health**<sup>1</sup> ZACHARY ELDREDGE, GINA QUAN, University of Maryland, College Park Campus — As physics students, many of us have seen or experienced mental health challenges. In this workshop, we discuss recent student-led efforts to address mental health within the physics department at the University of Maryland, College Park. We will first discuss our work developing and administering a survey to physics graduate students, and our implementation of mental health workshops. Finally, we will discuss how workshop participants might adapt tools and strategies to their home institutions.

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