



OHIO PROGRAM *for*  
**CAMPUS SAFETY  
& MENTAL HEALTH**  
A NEOMED CCoE

## OPCSMH 2025-2026 Webinar Series

# ADDRESSING GRADUATE STUDENT MENTAL HEALTH AND BURNOUT

Graduate schooling can be an exciting academic journey, but also a challenging experience for most students. Up to 50% of graduate students have experienced a negative impact on their mental well-being, whether it is stress, anxiety, burnout or depression. In this presentation, we will discuss the current state of mental health among graduate students, the many factors that may contribute to it and specifically focus on addressing burnout. Attendees will leave with some concrete tips on burnout recovery and other wellness strategies that graduate students can embed into their lives.

### SPEAKER

Tarin Karunagoda, MSc, Knowledge and Research Lead, Center for Innovation in Campus Mental Health

### TIME

February 25<sup>th</sup>, 2026  
12:00pm-1:00pm  
EST

Questions?

Contact us at [opcsmh@neomed.edu](mailto:opcsmh@neomed.edu)

**REGISTER NOW**



Approved by Northeast Ohio Medical University, CPEs have been awarded to Social Workers, Counselor, Marriage and Family Therapist.

Northeast Ohio Medical University (NEOMED) is an approved Ohio Psychological Association (OPA) CE provider for the 24-26 biennium, from 9/1/24-8/31/26.