

Activité de la relève

Presentation by the CRIR Student Committee



Centre for Interdisciplinary Research in Rehabilitation of Metropolitan Montréal

Conferences and workshops organised by or for up-and-coming scientists to promote excellence in research.

Workshop: Taking care of your mental health as a graduate student



Shalini LAL, PhD

Associate Professor, School of Rehabilitation, Faculty of Medicine, Université de Montréal; Centre de recherche du Centre hospitalier de l'Université de Montréal (CRCHUM). Canada Research Chair in Innovation and Technology for Youth Mental Health Services.

Pre Shalini LAL is a renowned expert in the field of mental health and innovative rehabilitation technologies. With a background in occupational therapy (BSc), psychiatry (MSc) and rehabilitation sciences (PhD), complemented by a post-doctorate in youth mental health and health informatics, she integrates interdisciplinary approaches to transform mental health care.

She has devoted her career to understanding and improving mental health in a variety of contexts, with a particular focus on young people and students. Drawing on her experience as a researcher and clinician, Pre LAL offers concrete strategies tailored to the specific challenges of graduate students, making her an inspiring and ideal speaker for this workshop.

Workshop objectives:

- **How to manage your mental health in general:** practical tips to help you navigate the challenges of graduate school.
- **Mental Health in international students:** a special focus on the unique issues facing international students.

This will be an excellent opportunity to learn more about the tools and strategies for maintaining a good mental balance, while exchanging ideas with a recognised expert in the field.

Date and time: Thursday, January 16, 2025
12 p.m. to 1 :00 p.m.

Location: Online, via Zoom

- Register before **January 15, midday**
- Registration Link:

https://us02web.zoom.us/meeting/register/tZIlfuurj4qG9UvirS_fpXShCbgIM249VWu#/registration

Contact: fatimata.ouedraogo@umontreal.ca

Language: French and English