

GUIDELINES

FOR EMOTIONALLY DEMANDING RESEARCH AT CONFERENCES

Steps you can take as conference organisers and delegates to promote mental health and minimise the risk of secondary trauma during conferences.

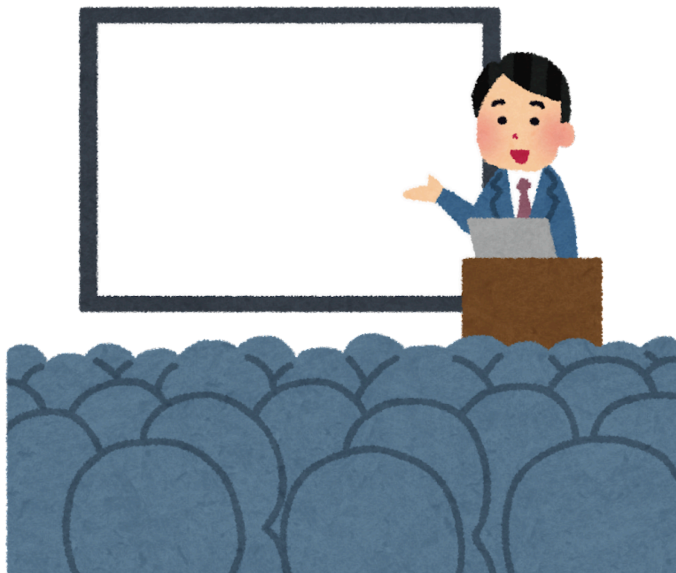
Request and provide content notes on emotionally demanding research.

01

- Include content notes during abstract submission and as part of the programme booklet.
- Add the content notes to session information outside the room so attendees can read before they go in.
- Include the content note at the start of presentation.



Scan this QR code for more advice for organisers and delegates.



Scan this QR code to read the full guidelines.



Avoid reading quotes aloud from particularly sensitive or emotionally challenging context.

02

This gives delegates the choice to decide if they want to engage in the specific quote or not.



Provide designated quiet rooms for delegates to take a break or decompress.

Private spaces away from the noise of the conference that are calm and less sensory stimulating.

03

Only share details within the remit of the presentation.

04

To minimise the risk of secondary trauma for those with lived experiences of topics that were not outlined in the original presentation remit.



If delegates experience any distress from attending the conference here are some UK support resources available.

- For immediate support - contact samaritans 116 123 or NHS 111
- Non-emergencies - <https://www.mind.org.uk/information-support/helplines/>

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