

Celebrating Postdoc Achievements

National Postdoc Appreciation Week – September 20-24, 2021



PLEASE
SCAN ME
WITH YOUR CAMERA



ABOUT ME
**DR. JUSTIN ADAM
GELZHISER**

This channel is all about protecting
your mental health.

Justin Adam Gelzhiser, PhD

The Gillian Reny Stepping Strong Center for
Trauma Innovation.
Brigham & Women's Hospital

Frustrated my research on *mental health* was not reaching a wider audience, I created a YouTube Channel called "Justin Adam PhD - Protecting Your Mental Health."

I create weekly professional videos on topics such as *Black barbers trained in suicide and interpersonal violence prevention, life transitions & mental health, how to do mental health journaling, and pets and mental health.*