

Birgit Leitinger

Language(s) Spoken: English, German

Role: Associate Professor in Matrix Receptor Signalling

Bio: As a personal tutor, I noticed many students struggling with their mental health. By learning to ask about wellbeing more effectively, I found that students who initially said they were fine often shared significant concerns, and I sometimes became the only person they confided in. This made me want to support them more professionally.



Later, I met a student for exam guidance who I'd been told was recovering well from mental ill health. Instead, they were experiencing a severe acute episode, and I felt completely unprepared. Having just heard about Mental Health First Aid training, I immediately signed up. The course has made me far more confident in supporting someone in crisis and in knowing when and where to guide them toward professional help.

An accident that triggered a year-long period of anxiety showed me that poor mental health can affect anyone and made me a more empathetic listener.