

All primatologists can

- Make it the norm to talk about mental health and to admit vulnerability
- Work purposefully to create inclusive communities
- Use mindfulness techniques to promote wellbeing
- Believe survivors

Primate societies can

- Create a space like the PSGB workshop more frequently and at different meetings
- Retain online gatherings to allow those unable to attend in person to participate
- Require positive and constructive feedback in meetings
- Diversify leadership and opportunities
- Create best practice guidelines and run workshops on mental health for PIs, managers and supervisors
- Encourage groups, departments, universities, fieldsites, etc., to adopt codes of conduct that include mental health
- Promote understanding from decision-makers that the current generation of students have not had the opportunity to gain experience
- Run workshops to support primatologists applying for jobs and funding
- Create and use online peer support networks to increase the sense of community
- Collate tips for how to cope when things get tough
- Share high quality online resources for mental health support