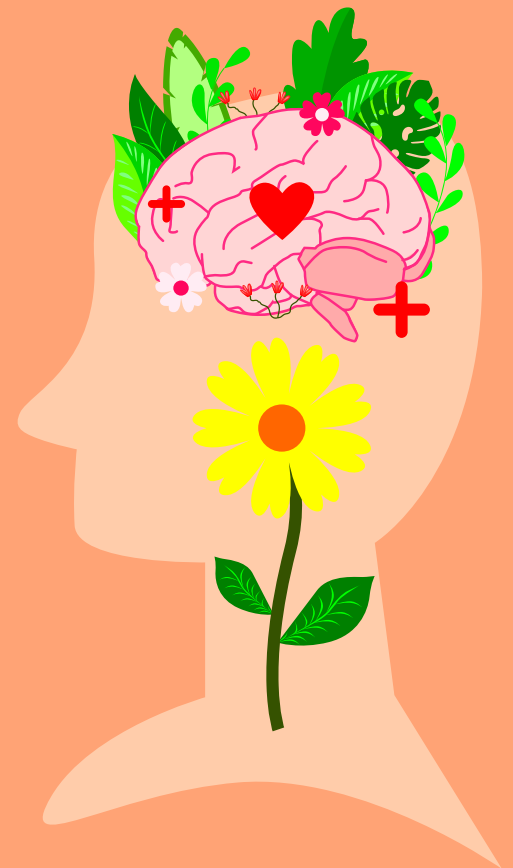


Mental health for open source researchers: Why is it so important?



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More people are showing increased interest in open-source research

But this activity comes with costs of which new researchers may not be aware.

Individuals conducting open-source research are exposed to images and media that are extremely graphic

- Painful, disfiguring effects that war has on human bodies.
- Destruction of civilian buildings, houses, cities and nature.
- Sounds of explosions or screaming, hateful text, or extremist material.

Their effect can also be cumulative

You may feel alright for a long time until one day, you may experience distressful emotions or flashbacks.

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Vicarious trauma

The concept of vicarious trauma can be a useful term to describe the feeling experienced by media professionals following prolonged online viewing of violent and distressing images that were taken hundreds of thousands of kilometers away from the researcher.

How do I know if I've been affected by trauma?

- Not feeling well for days.
- Negative reaction to the images you saw.
- Burnout and mental exhaustion.
- Feeling unwell with no words to express feelings.
- Increased depression and mental health issues.
- Compassion Fatigue.

**Visit Bellingcat for more tips and
resources:
[Bellingcat.com](https://www.bellingcat.com)**

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