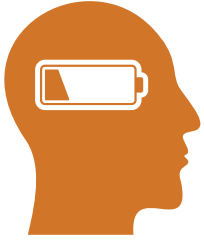


MENTAL HEALTH SNAPSHOT

Essential Health Care Workers



Essential workers lack control over their work environment - and this lack of control is a significant contributor to burnout.



Research shows those involved in treating viral outbreaks have greater levels of both acute and posttraumatic stress and psychological distress.



Moral injury - resulting from witnessing or performing an act that goes against one's beliefs - is a risk factor.



Since COVID-19, only 46% of health care work environments have offered additional mental health support to their workers.

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