

## MENTAL HEALTH SNAPSHOT

# Community and Social Service Workers



Over one-third report using alcohol to cope with work stress. Rates are highest among those working with intellectual disabilities and children's services (55%).

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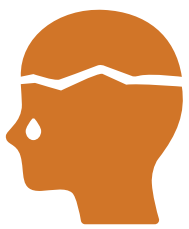
Burnout, trouble sleeping and emotional exhaustion are reported by up to 50% of social workers.

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Workers' frequently cite two main stressors: 75% say their workload is unmanageable and 65% say their organization's expectations are unrealistic.

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Secondary traumatic stress is an occupational hazard for workers providing care to traumatized populations, increasing their risk of developing PTSD.

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