

MENTAL HEALTH SNAPSHOT

Teachers



74% of teachers say not being able to disconnect from work is a major cause of poor work-life balance.



Turnover and attrition are high during their first five years, especially in urban areas.



93% of elementary school teachers report experiencing high levels of stress.



78% of education professionals report experiencing behavioural, psychological or physical symptoms due to their work.



Workload, student behaviour and employment conditions are significant predictors of anxiety, depression and overall job satisfaction.

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