

Mental 2021 SURVEY OF HEALTHCARE

MENTAL HEALTH AND WELLBEING

OVER

of healthcare workers said restrictions resulting from COVID-19 outbreaks have had a negative impact on their mental health and wellbeing.

say that working in healthcare during the COVID-19 pandemic increased the amount of stress and pressure they experience in the workplace.

MOST COMMON WAYS HEALTHCARE PROFESSIONALS HAVE BEEN MANAGING THEIR **MENTAL HEALTH AND** WELLBEING



55% Catching-up on favourite TV shows



50% exercising outdoors



44% cooking more and eating well



34% reading for fun



26% connecting one-to-one with a family member or friend through shared walks or exercise outdoors

Over the course of 2021, 34% have reached out to a trusted friend or family member for mental health support and help.

believe their friends and family have been extremely supportive.

WHEN ASKED ABOUT THE SPECIFIC MENTAL **HEALTH IMPACTS**

57% cited experiencing prolonged tiredness and fatigue

36% now have problems getting to sleep or staying asleep

32% have been experiencing 'digital fatigue' and are less enthusiastic about socialising digitally.

32% have a lack of motivation to participate in day-to-day activities

say that working in the healthcare industry during the **COVID-19 pandemic** has had a negative effect on home life

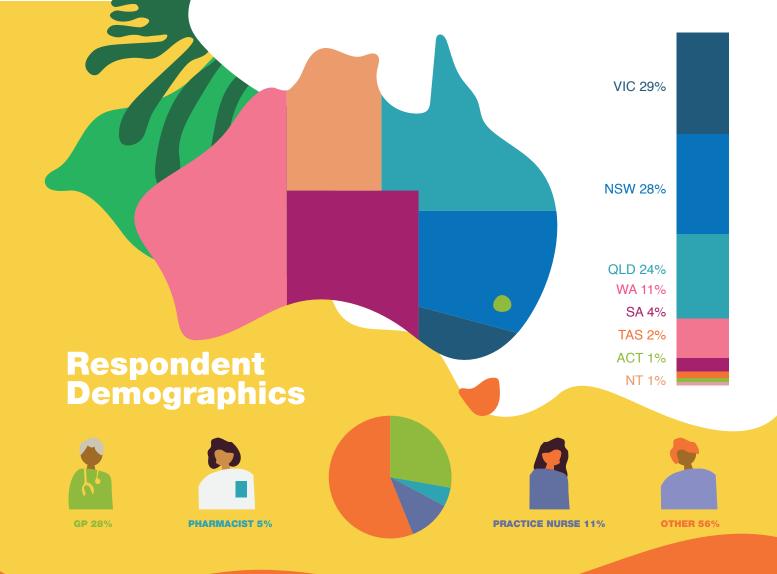
BRIGHTER DAYS AHEAD

58% said they were feeling more positive about the future than this time last year.

59% of survey respondents have been part of the vaccine rollout

Of those, 60% said being part of the vaccine rollout has made them feel grateful, empowered and like they have a purpose.





Medical Phlebotomist Support Worker Health care Peer drugs

Psychologist Nurse officer Pathology Personal Aged care Dental Worker Carer

Psychiatry registrars Pathologist Disability Support Worker assistant AIN Medical Dentist

Registered nurse Social Worker Mental health Community

Specialist Physiotherapist Occupational therapist Manager

ABOUT WORLD MENTAL HEALTH DAY 2021

World Mental Health Day is an opportunity for global mental health education, awareness, and advocacy. The campaign theme for 2021 is to "Look after your mental health, Australia" by Looking Up! Looking Forward! & Looking Out for each other. The aim is to reduce stigma, foster connectivity and promote help-seeking behaviour. To find out more visit lookafteryourmentalhealthaustralia.org.au

Online and telephone resources

Head to Health

headtohealth.gov.au

Lifeline

13 11 14 24 hours a day, 7 days a week. Text 0477 13 11 14 6pm to midnight (AEDT), 7 nights a week

Beyond Blue

1300 22 4636 beyondblue.org.au

Butterfly Foundation National Helpline 1800 334 673 **Carer Support**

1800 242 636 or 1300 554 660

SANE Australia Helpline

1800 187 263

Suicide Call Back Service

1300 659 467

Kids Helpline

1800 55 1800 kidshelpline.com.au

MensLine Australia

1300 789 978

QLife

1800 184 527

Open Arms – Veterans and Families Counselling

1800 011 046

Black Dog

blackdoginstitute.org.au

Headspace

eheadspace.org.au

R U OK?

ruok.org.au

ReachOut

au.reachout.com

World Mental Health Day

lookafteryourmentalhealthaustralia.org.au