

10 OCT

World Mental Health Day

2021

SURVEY OF
HEALTHCARE
PROFESSIONALS

MENTAL
HEALTH AND
WELLBEING
DURING THE
COVID-19
PANDEMIC

OVER

70%

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

86%

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

34%

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

66%

believe their friends and family have been extremely supportive.



73%

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

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

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.





Respondent Demographics



GP 28%



PHARMACIST 5%



PRACTICE NURSE 11%



OTHER 56%

Medical Support Worker Health care Peer drugs
 Psychologist Nurse Phlebotomist Pathology Personal Aged care Dental worker Carer
 Psychiatry registrars Pathologist Disability Support Worker assistant AIN Medical Dentist
 Registered nurse Laboratory Registered nurse Social Worker Mental health Community
 Care Scientist nurse Specialist 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