

World Mental Health Day 2022

SURVEY OF HEALTHCARE PROFESSIONALS



Mental Health Australia

84%

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

83%

said they have experienced burnout, felt mentally exhausted or were emotionally drained as a result of staff shortages over the last six months.

63%

said their friends and family were extremely supportive and understanding

45%

have reached out to a trusted friend or family member for mental health support.

78%

are experiencing staff shortages in healthcare.

68%

of people said this is because of sick leave due to burnout, stress and other mental health concerns.



43%

have left their job because of COVID-19 related issues in the workplace.

88%

said their job brings meaning to their life



Key comparisons over the last three years

2021 was the most challenging year for healthcare professionals.

86%

said they had experienced an increase in stress and pressure due to working during the pandemic.



↗ **3% more** than in 2020 and 2022.

The top three negative personal impacts of working during the pandemic have remained the same over the last three years.

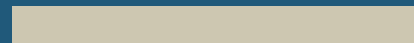
- Tiredness and fatigue (72%)



- Feeling overwhelmed anxious or fearful (56%)



- Problems getting to sleep or staying asleep (54%)



Seeking support from multiple sources has increased by **16%** among healthcare professionals since 2020.

Support from friends and family remained an important and ongoing trend for healthcare professionals over the last three years.



Leaning on a trusted ally increased by almost 20% since 2020.

3 in 5 healthcare professionals said their friends and family had been extremely supportive throughout the pandemic

Improving mental health



Mental Health Australia

Exercising outdoors has remained in the top three since 2020

2022 saw a new addition, with

36%

looking after their mental health by reducing their working hours.

