

Mental Health Survey For Health Care Workers 2019, 2020

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Overview

This survey was put together by The Canadian PPE Network in 2019 and distributed throughout the Health Care community frontline workers via social media, workplaces, and in person. Responses are still coming in as of Jan, 2020, and updated stats will follow as time progresses.

As a part of the Mental Health Round Table in 2019 hosted by MPP Logan Kanapathi and the Minister of Mental Health and Addictions, the Hon. Michael Tibollo, we were honoured to be asked exclusively to come and speak on behalf of frontline health care workers across Ontario.

The results from this survey were conducted in the fall of 2019, and are now considered Statistical Data, and we would like to share the results with you.

Understanding the issues

Item 1

Personal Support Worker Mental Health, Addictions & Burnout:

Individual issues, contributing factors, or compounded end results?

The term on its own does not encompass the severity of the impact it can have on the PSW and other frontline health care workers when it pertains to mental health and addictions on such a personal level that directly impacts the professional one.

Item 2

Mental Health can't be described in any one way, attributed to any one person, or profession. Every single person suffers from one form of Mental Illness or another, in varying degrees. Some suffer with multiple illnesses on varying degrees.

Item 3

Often, addictions can go hand in hand with mental health distress.

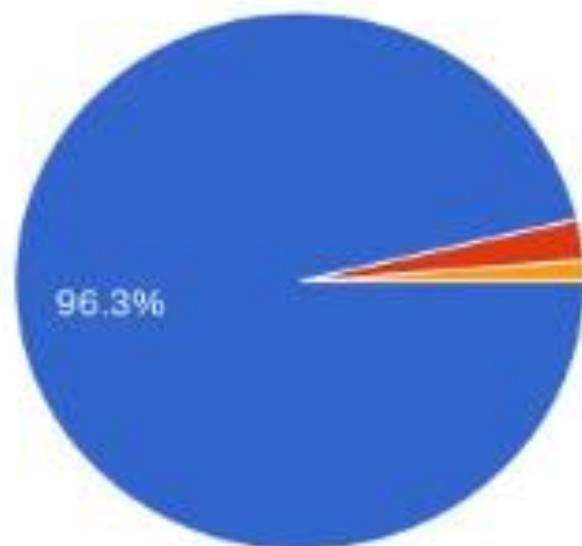
Various addictions are often the “go-to tool” as a coping mechanism for those in frontline healthcare.

Our findings cross over into various healthcare fields, settings & locations.

Where PSWs and frontline workers are concerned in particular, according to our data we collected from over 500 PSWs and we have found that the main stressors are:

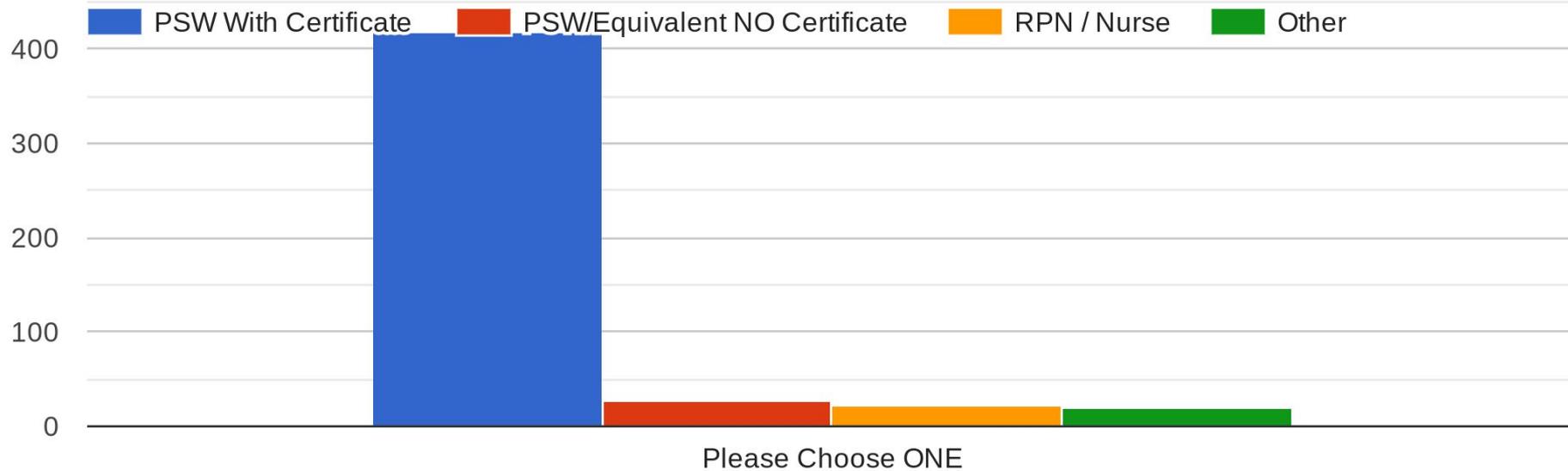
- Lack of respect and/or recognition - No protected title therefore no security
- Low pay resulting in feelings of insignificance & insecurity
- Understaffing resulting in cut corners, poor, rushed care, and burnout
- Lack of support / understanding from Management - profits vs human value
- No supports or resources from a governmentally recognized organization
- Lack of affordable education and upgrades to education

Are you a:

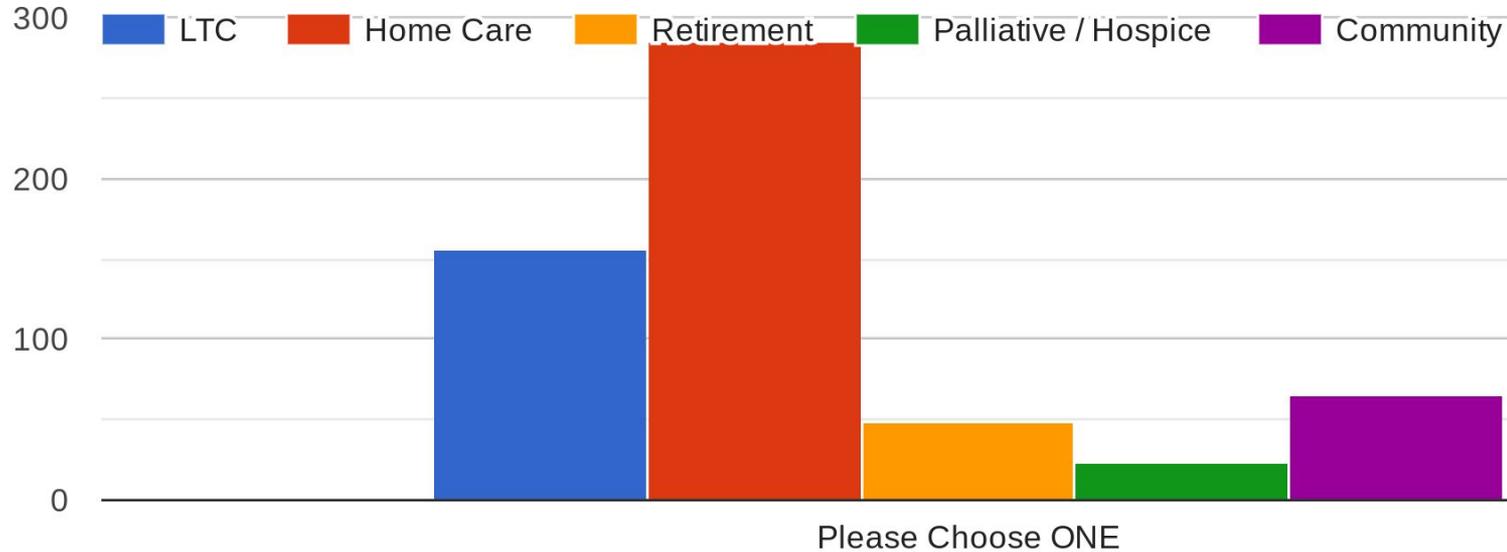


- Female
- Male
- Prefer not to say

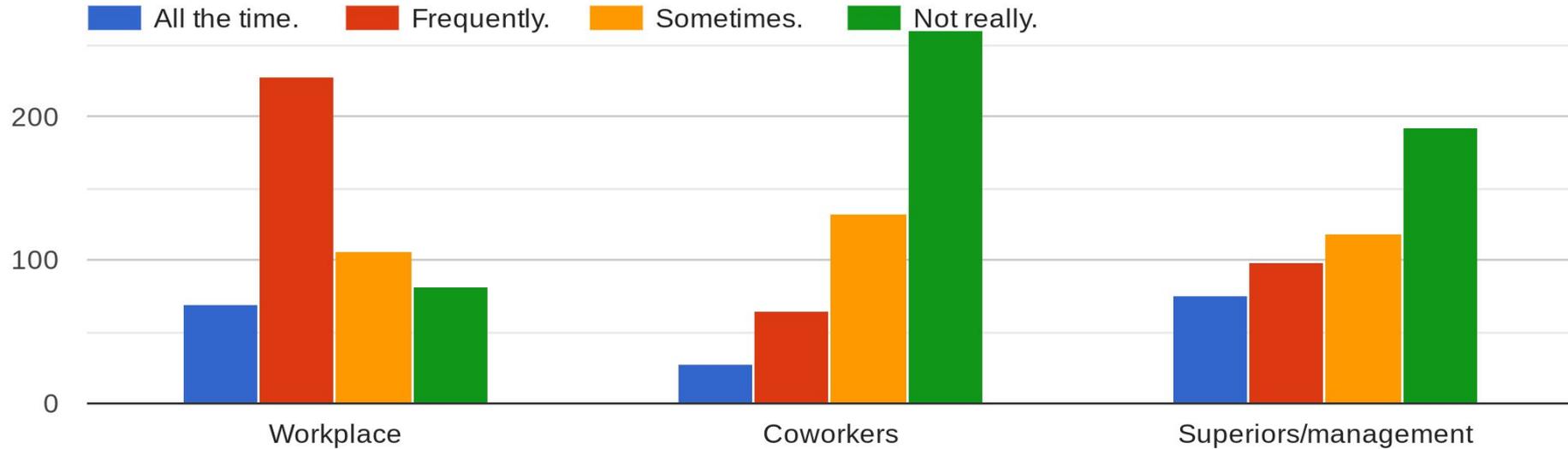
Are you a:



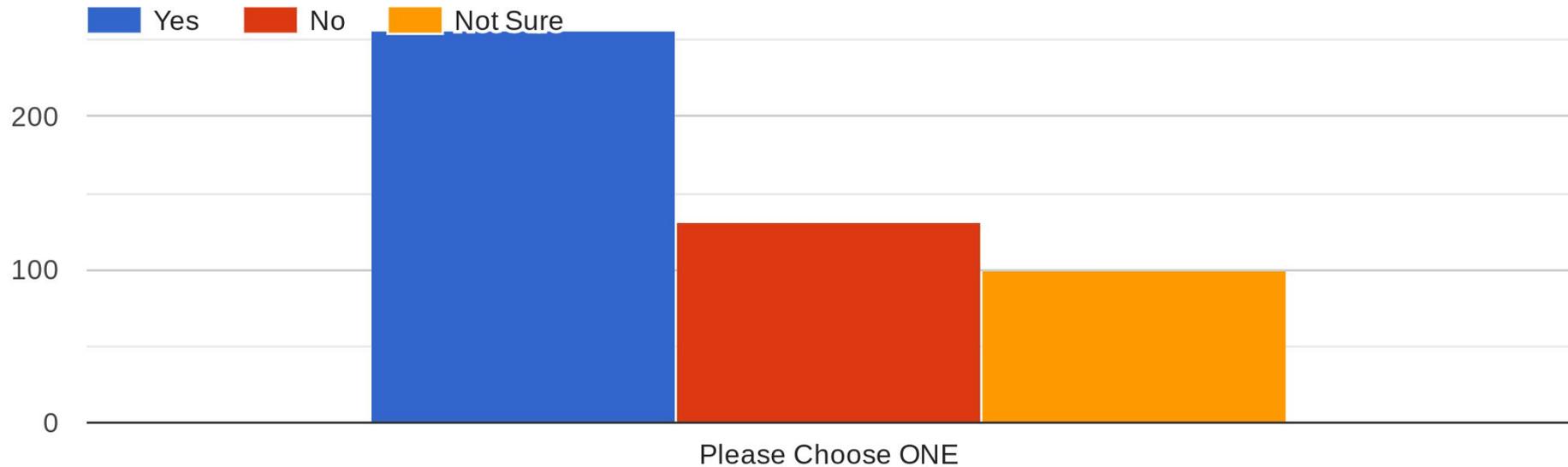
Do you work in: (choose all that apply)



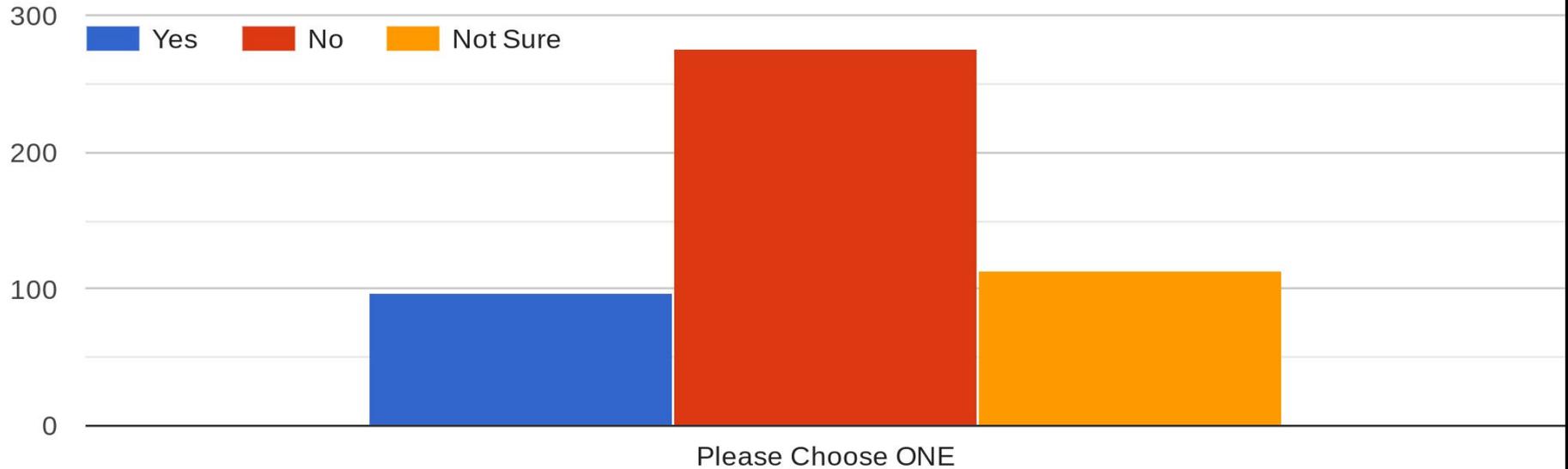
Please tell us where you feel you suffer with Mental Illness PROFESSIONALLY



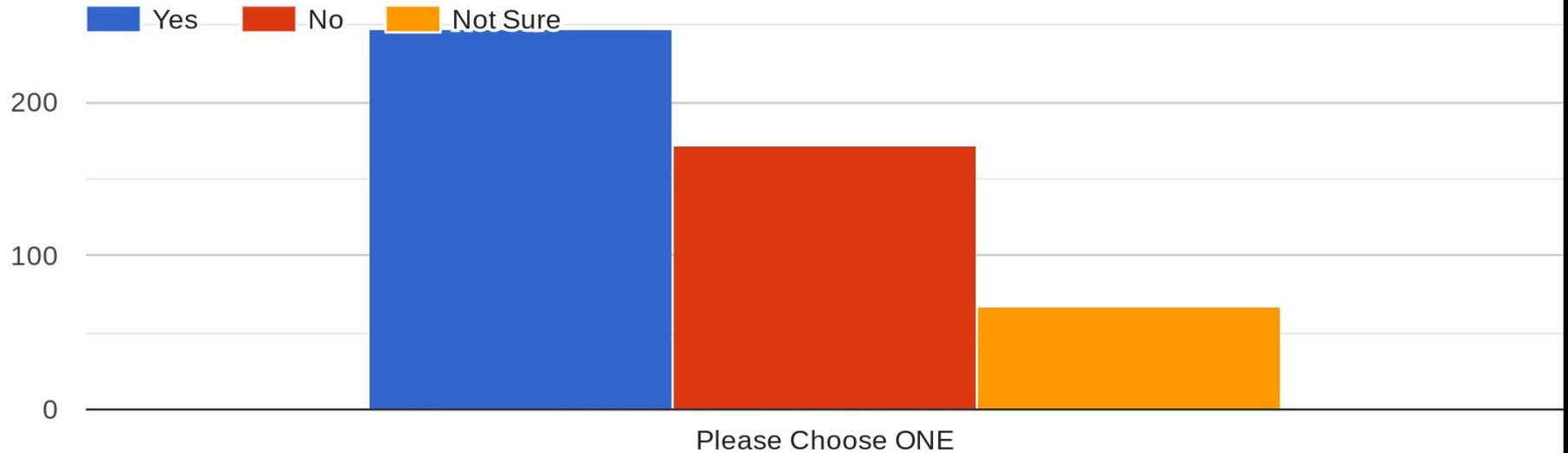
Do you have supports at your workplace for mental health?



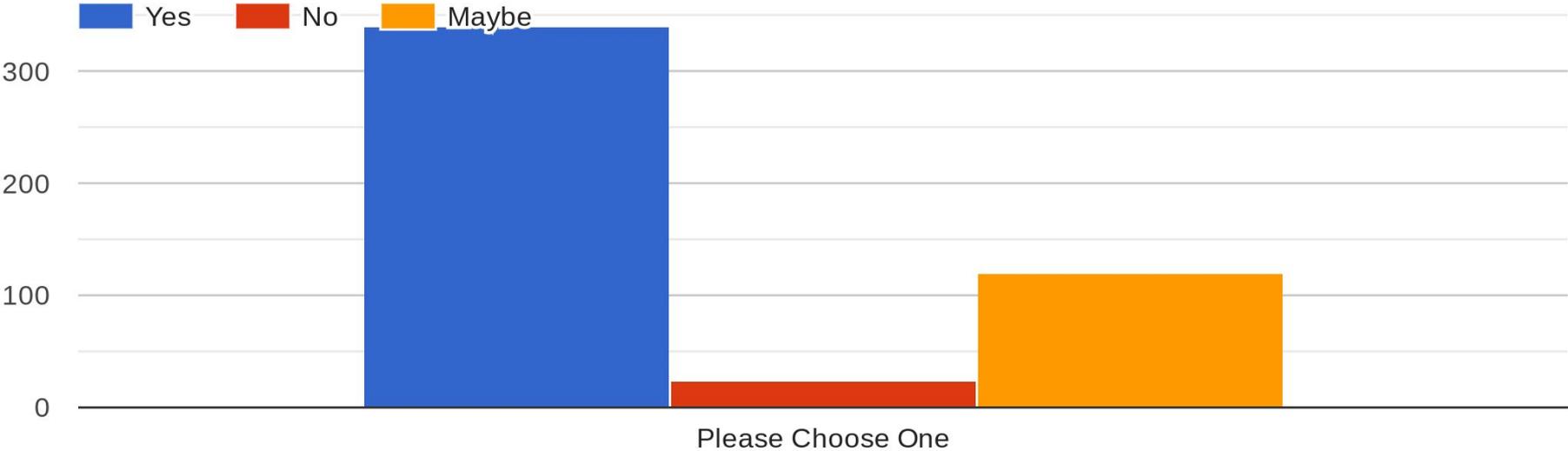
Are there supports for Mental Health advertised anywhere within your workplace?



Do you feel that you can approach your employer about Mental Health issues within the workplace?

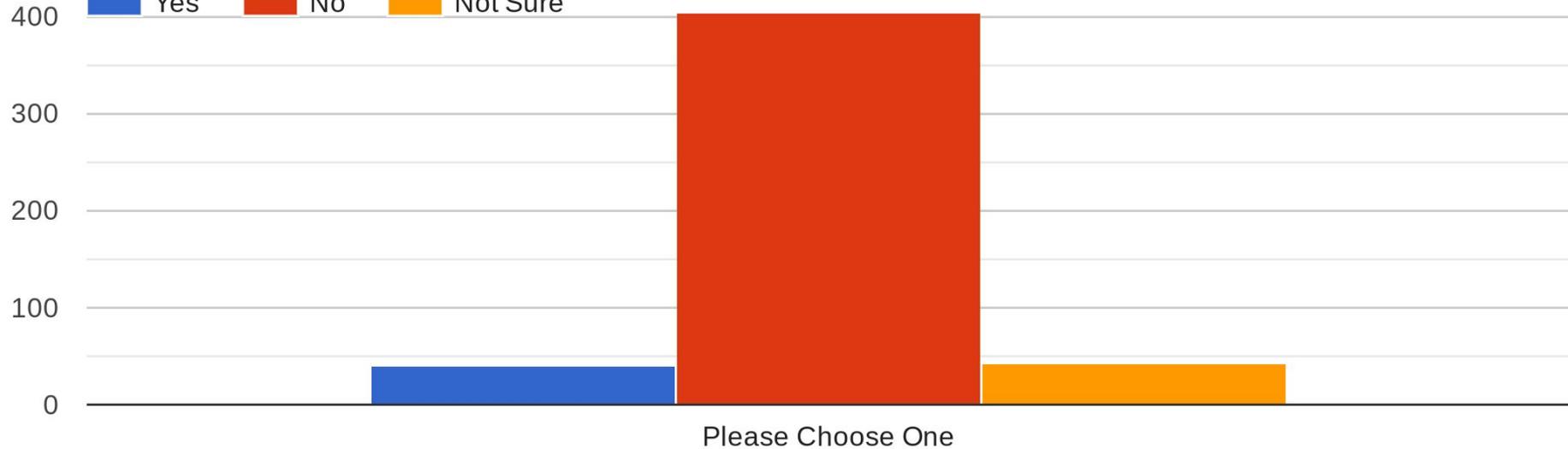


If Mental Health supports/groups were offered in your workplace, would you take advantage of them?

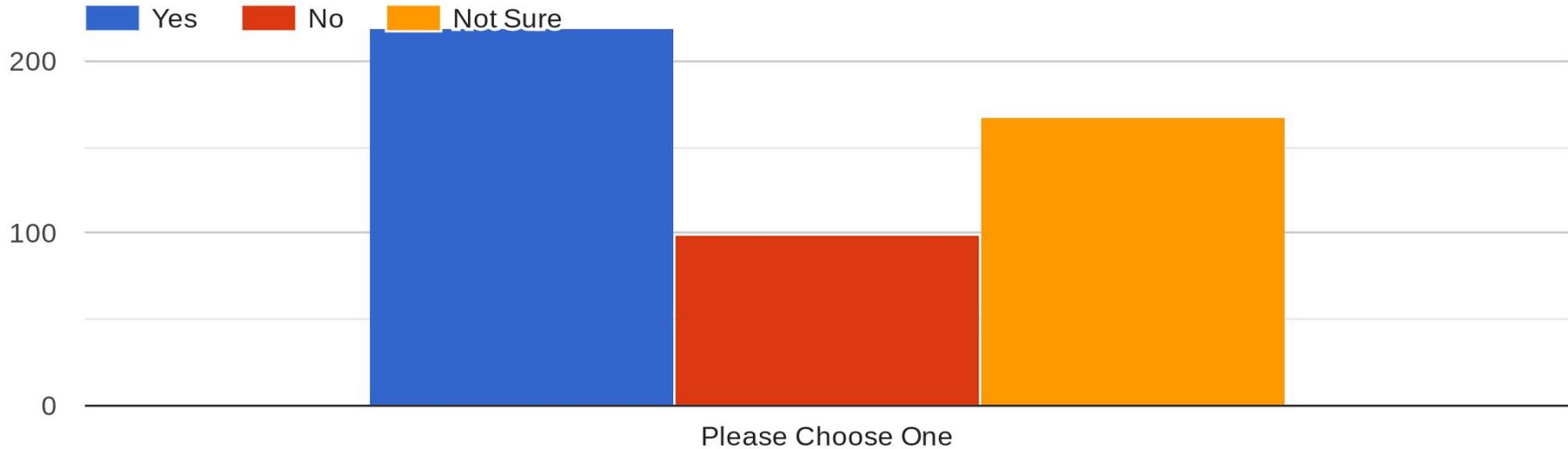


Is it easy to take Mental Health days off at work?

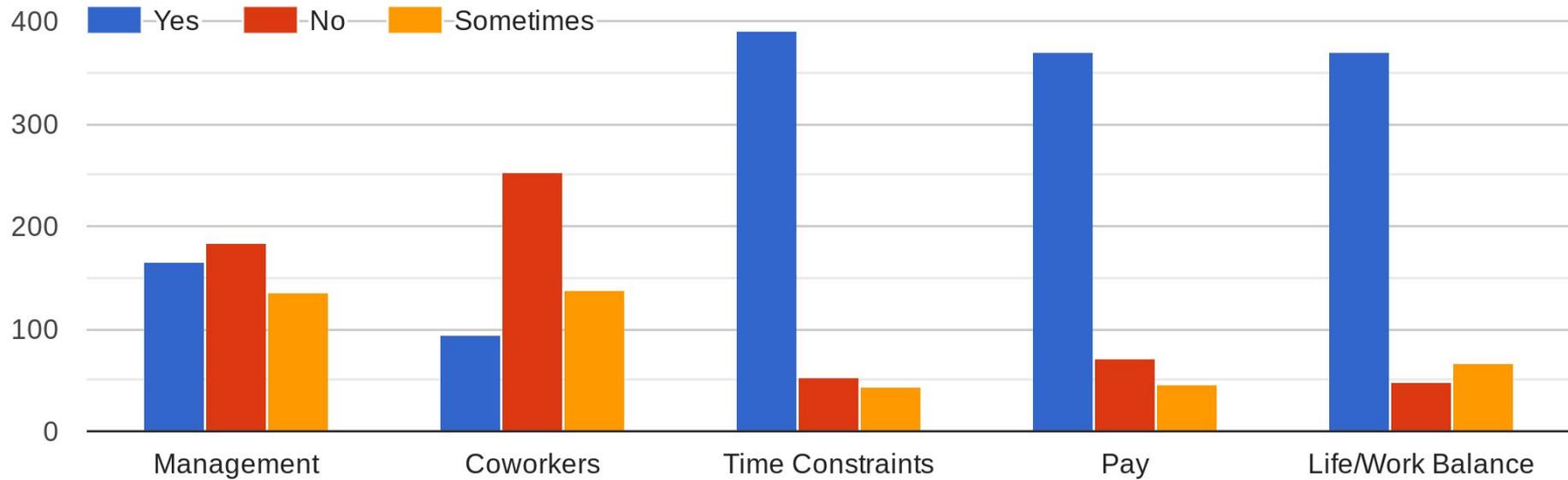
Yes No Not Sure



Do you feel that bullying in the workplace is a contributing factor to Mental Health issues personally?



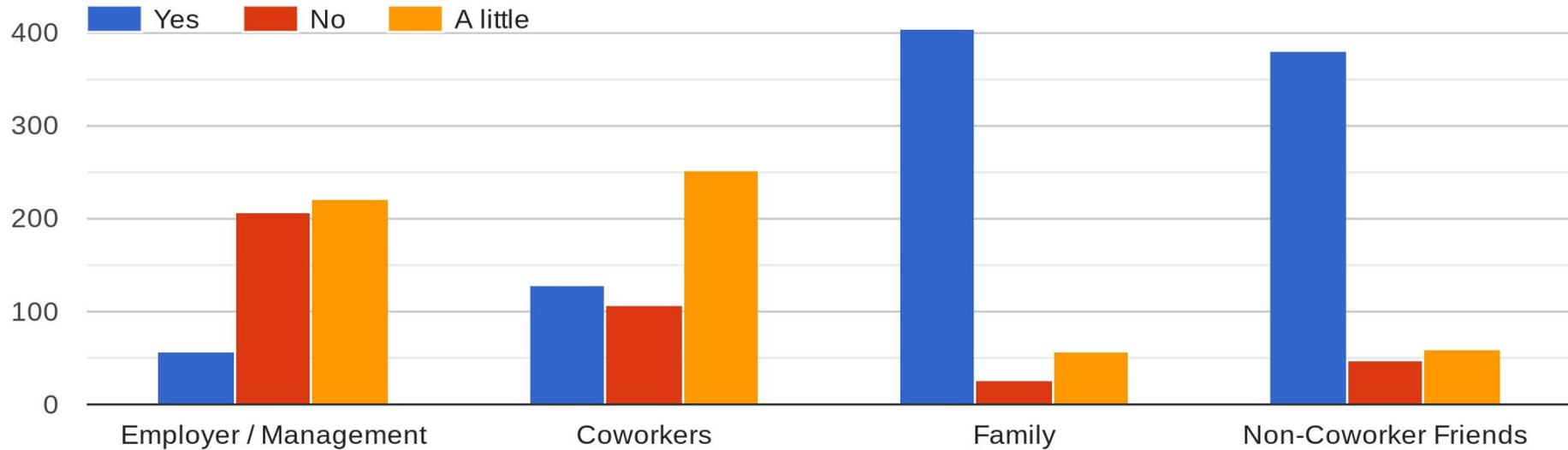
What do you feel more pressured / bullied by at work?



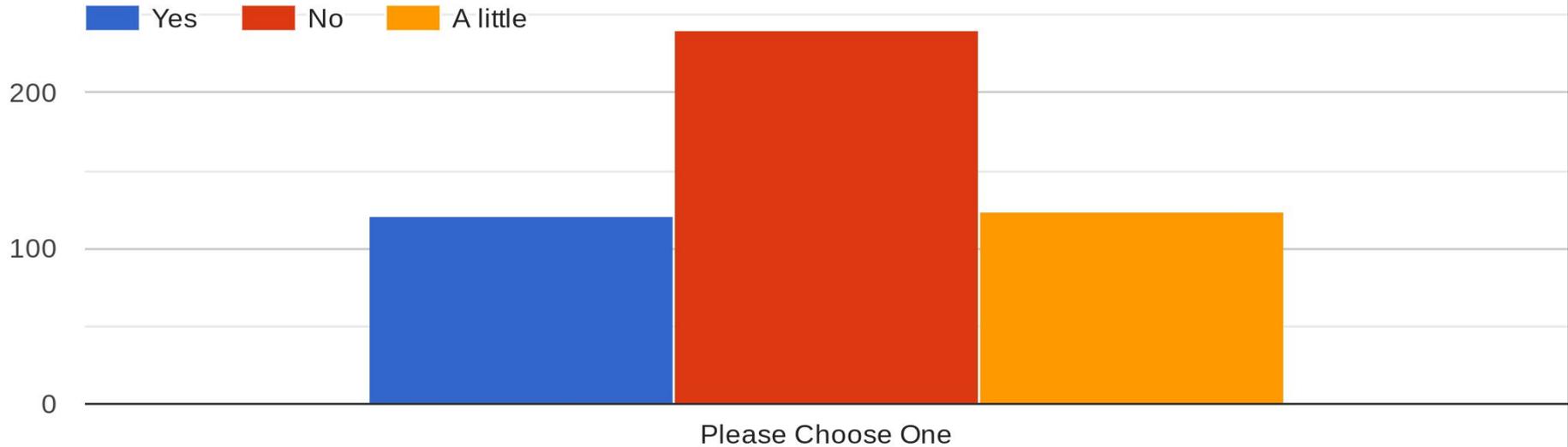
Who do you feel you can approach about Mental Health issues more?



Do you feel safe talking to coworkers or management about your Mental Health issues?



Do you feel your job would be at risk if you spoke to someone about personal Mental Health issues?



To add your voice to the
survey, click

HERE

This Statistical Data
can be viewed online in
real-time by clicking

HERE

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PSWs First. Keeping The Care In HealthCare