



Resources for Healthcare Workers Reporting High Stress, Anxiety and Depression

Staff shortages, increased responsibilities, and the stress and devastation of working through the pandemic have taken a toll on many healthcare workers. From burnout to anxiety and depression, a growing number of healthcare workers are feeling down, drained and in some cases suicidal. The results of a recent study help to illustrate the problem.

- 70%+ healthcare workers have symptoms of anxiety and depression.
- 39% have symptoms of post-traumatic stress disorder.
- 15% have had recent thoughts of suicide or self-harm.
- Healthcare workers are five times more likely to experience workplace violence than all other workers.
- Around 47% of doctors and nurses plan to leave their jobs by 2025.
- Turnover rates for allied professionals are about 40% in hospital settings and 70% to 80% in nursing homes.

If you're feeling overwhelmed, stressed, anxious or depressed, please seek help immediately. You can find self-care webinars, financial and emotional well-being best practices and other information and resources online from SEIU at hwcp.seiu.org.

Need support now? Call or text the 988 Suicide & Crisis Lifeline or chat 988lifeline.org