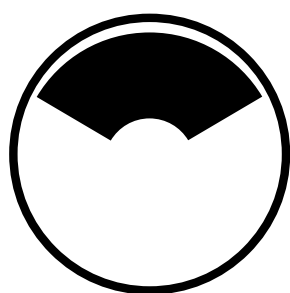


Community and social service workers' mental health

Why it matters



Over one-third report using alcohol to cope with work stress, with rates being highest among those working with intellectual disabilities and in children's services (55 per cent).



Burnout, trouble sleeping and emotional exhaustion are reported by up to 50 per cent of social workers.



Frequently cited work environment stressors include unmanageable workload (75 per cent) and unrealistic organizational expectations (65 per cent).



Secondary traumatic stress is an occupational hazard for workers providing care to traumatized populations, increasing their risk of developing PTSD.

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