

13a:

Mental health: Providers

Healthcare workers caring for COVID-19 patients are at risk for mental health problems and challenges due to the stress of their daily care and the growing number of deaths. The rates of mental health problems seen in healthcare providers during the pandemic are similar to natural disasters.

These mental health problems include:

- acute traumatic stress
- depression
- anxiety
- problematic alcohol use
- drug use
- insomnia



It is important for health care providers to have access to mental health resources to help them through the above problems if they occur.

Providers expressing suicidal or homicidal thoughts or thoughts of self-harm should immediately be referred to :

Reference:

Wright HM, Griffin BJ, Shoji K, Love TM, Langenecker SA, Benight CC, et al. Pandemic-related mental health risk among front line personnel. J Psychiatr Res. 2020.
<https://doi.org/10.1016/j.jpsychires.2020.10.045>