

Fact Sheet: Mental Health & Burnout in Healthcare Workers

Many healthcare workers report rising rates of cynicism, depression, and stress – but worry about stigma if they seek help.

7 practices can help.



49% of physicians report intense burnout in 2024.

20% say they are depressed – with emergency medicine, family medicine, and urology department reporting the highest rates.



Physicians worry about stigma if they seek treatment.

70% of ER doctors say there is a stigma in the workplace around getting mental health support.

57% would worry about job loss if they sought help.

Caregiver fatigue has many causes.



- Staffing shortages
- Administrative burden
- Poor work–life balance
- Long shifts and physical exhaustion



50% of nurses were physically or verbally assaulted by patients or families in the past year.

63% feel stretched thin by caring for too many patients at a time.

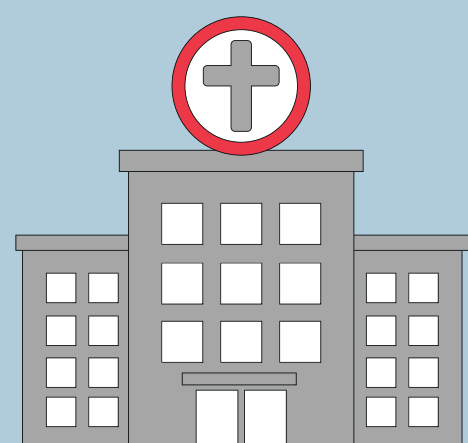
Healthcare workers are at heightened risk for PTSD and suicide.

23% of ER providers showed signs of post-traumatic stress disorder (PTSD) after the pandemic.

The suicide rate among physicians is 40% higher for men and 130% higher for women than that of the general population.

31% of providers say their employers don't care about their mental health.

48% of physicians say their employers do not recognize the prevalence of staff burnout.



7 industry changes can help improve provider wellbeing.

- Versatile staffing models
- Stronger facility resiliency
- Lighter administrative burdens
- Virtual care and AI adoption
- Code Lavender programs
- Monitoring provider stress
- Removing stigma around mental health support

