

Fact Sheet: Mental Health & Burnout in Healthcare Workers

Physicians, nurses, and other staff experienced high levels of burnout before the COVID-19 pandemic. Today, many report an increase in anxiety, cynicism, depression, and stress – but worry about stigma if they seek help.



Providers report intense burnout.

80% of providers suffered burnout prior to the pandemic.

64% said the pandemic made their burnout worse.



Physicians worry about stigma if they seek treatment.

Nearly half of ER doctors are uncomfortable seeking mental health treatment.

70% said there is a stigma in the workplace around getting help.

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

Caregiver fatigue has many causes.



- Staffing shortages
- Administrative burden
- Poor work-life balance
- Long shifts and physical exhaustion
- Witnessing high pandemic death rates

40% of nurses are thinking about leaving the profession.

The nursing shortage will hit over half a million by 2030.



Healthcare workers are at heightened risk for PTSD and suicide.

8 in 10 ER providers reported high stress during pandemic.

23% had signs of post-traumatic stress disorder (PTSD.)

The suicide rate among physicians is twice that of the general population.

Provider well-being requires changes across the healthcare landscape.

- Stronger staffing models
- Improved facility resiliency
- Reduced administrative burdens
- Virtual care and technology adoption
- Supportive workplace culture
- Measurement of provider stress
- Removal of stigma around mental illness and mental health treatment



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

22% say their employers don't listen to them.

