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Abstract

The mental health of healthcare workers has become an increasing discussed topic since the start of the Covid-19 pandemic. However, there is an abundance of evidence showing that a direct link exists between how psychologically well someone is and their ability to perform their role effectively. This webinar will outline the main causes of poor mental health in healthcare workers and set out practical ways of improving mental wellbeing within individuals, and teams, of healthcare staff engaged in carrying out highly challenging roles. The webinar will include information about moral injury which describes the potential psychological impacts of being exposed to situations which strongly clash with someone’s moral or ethical code. The session will draw upon evidence, and experience, from other occupational settings where staff are engaged in pressured, and often trauma-prone, duties as well as providing contemporary information about the mental health of healthcare staff over the last two years.