



Stakeholders Speak Up: Mental Health Realities Across the Teaching Profession

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As a part of the **Healthy Professional Worker Partnership**, 26 different educational stakeholders were interviewed.

Our findings reveal that:



Teacher **stress** and **anxiety** levels have been exacerbated by the events of the past year.



The current expectations placed upon teachers are **not sustainable**.



Systemic changes are needed to support teacher mental health.



Mental Health

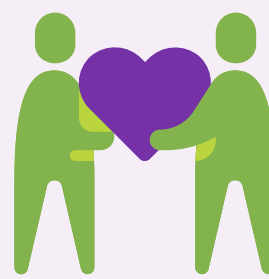
Stress was reported most frequently by stakeholders, followed by **anxiety**, as mental health issues.

Work-related factors were most prominently discussed by stakeholders as causes of mental health.

"It's an exceptional year for people feeling overworked, exhausted and also not particularly valued."

Stakeholder

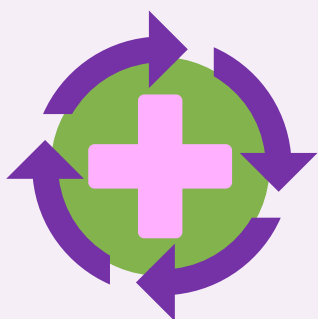
Promising Practices



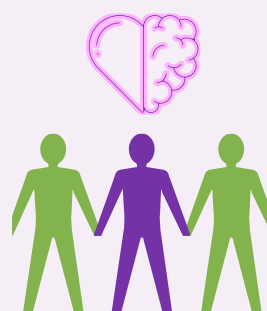
Strong mentoring element



Creating a community of practice



Focus on comprehensive school health initiatives



School mental health lead for teachers

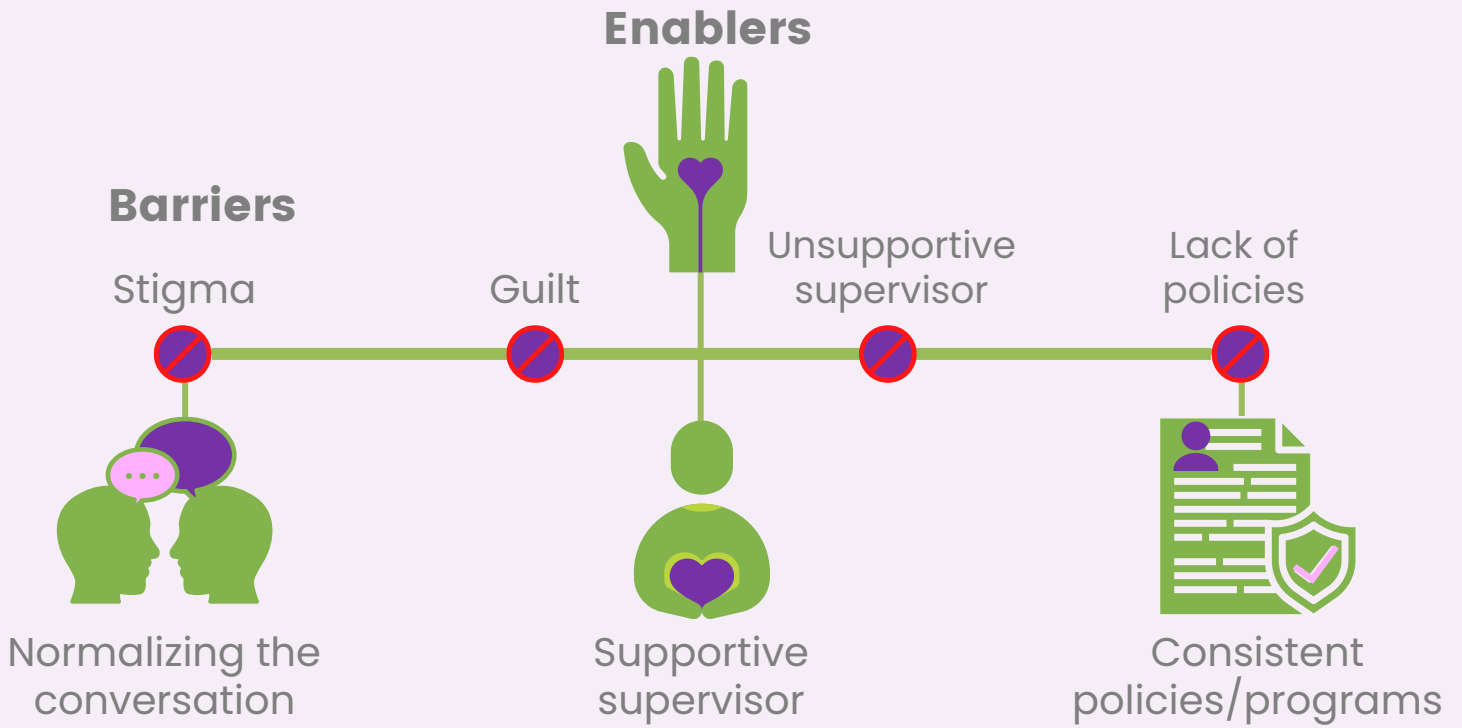


The Healthy Professional Worker Partnership is a CIHR & SSHRC funded initiative that examines mental health, leaves of absence and return to work from a comparative and intersectional gender lens. Please visit <https://bit.ly/3vK3ERG> for details to cite this document.



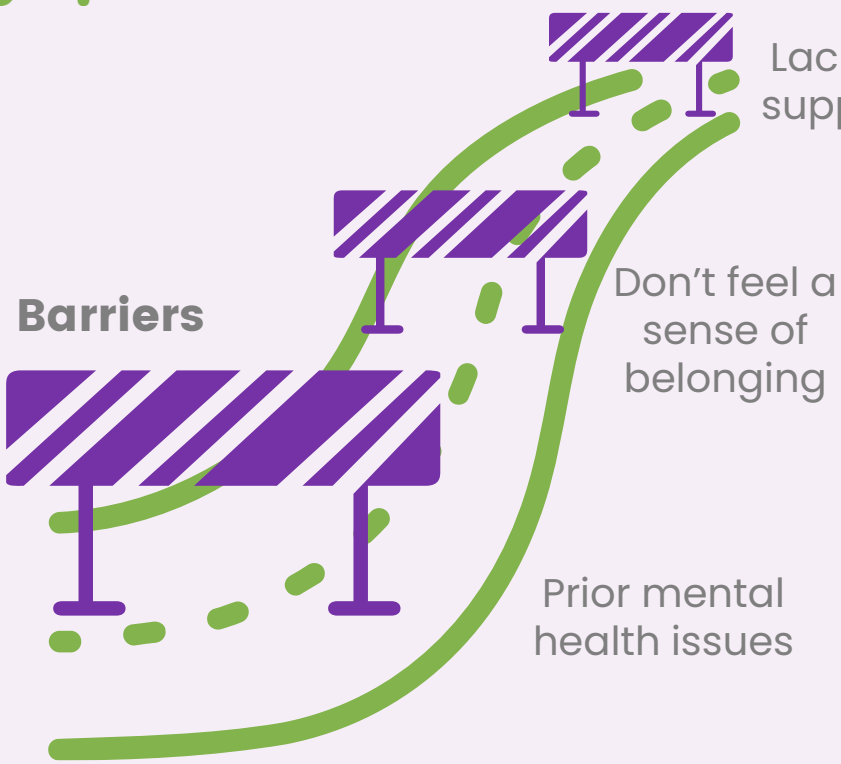
Leaves of Absence

Factors influencing teachers taking a LOA include life transitions and mental health issues.



Return to Work

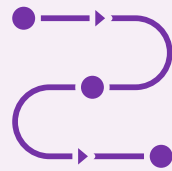
Promising Practices



Training for school leadership



Regular check-ins



Progressive timeline



Mentoring



Supportive accommodations



Gender Considerations

Half of stakeholders mentioned not noticing a gender difference in teachers dealing with mental health issues.



Differences mentioned include:



Childcare and caregiving experienced more by women



Men tend to isolate themselves and wait to seek help



Women have an easier time talking about their mental health

