

MENTAL HEALTH CONCERNS

For Healthcare Workers During
COVID-19

COMPASSION FATIGUE

Occurs when you are in an extreme state of tension and preoccupation with the emotional or physical pain of those you are trying to help.

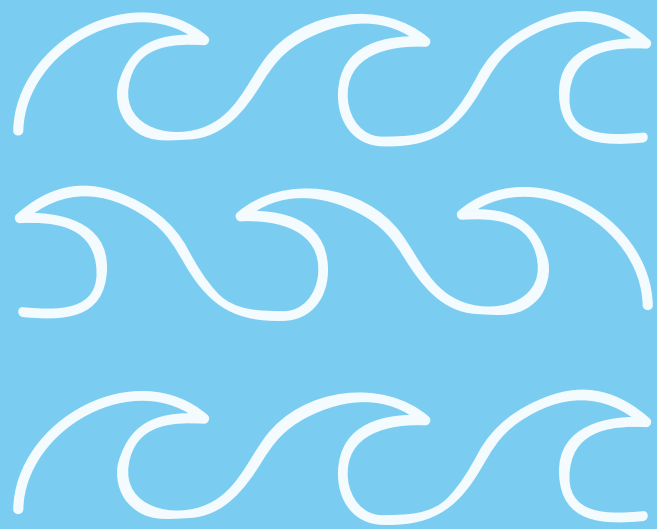


MORAL INJURY

Refers to psychological distress resulting from actions taken or not taken that violates a person's moral or ethical code.

TRAUMATIC GRIEF

Is a type of grief that overwhelms and does not decrease with time. It is more likely when a loss is sudden or traumatic, as be the case with COVID-19 related deaths or when the grieving person lacks needed coping skills or social support.



BURNOUT

Occurs when you feel emotionally psychologically or physically exhausted; there may be increasing cynicism and detachment as well as feeling ineffective,