



# Stakeholders Speak Up: Mental Health Realities Across the Teaching Profession

Melissa Corrente, Kristen Ferguson, Julieanna Mawko, & Ivy Bourgeault

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

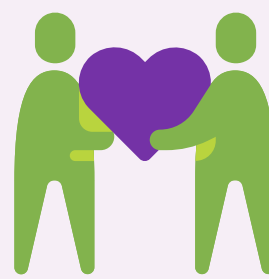
**Stress** was reported most frequently by stakeholders, followed by **anxiety**, as mental health issues.

**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

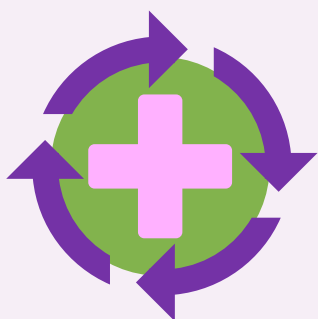
## Promising Practices



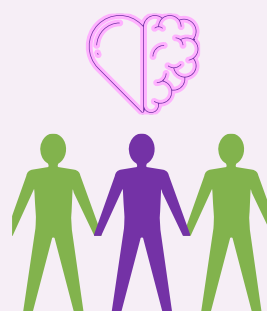
Strong mentoring element



Creating a community of practice



Focus on comprehensive school health initiatives



School mental health lead for teachers

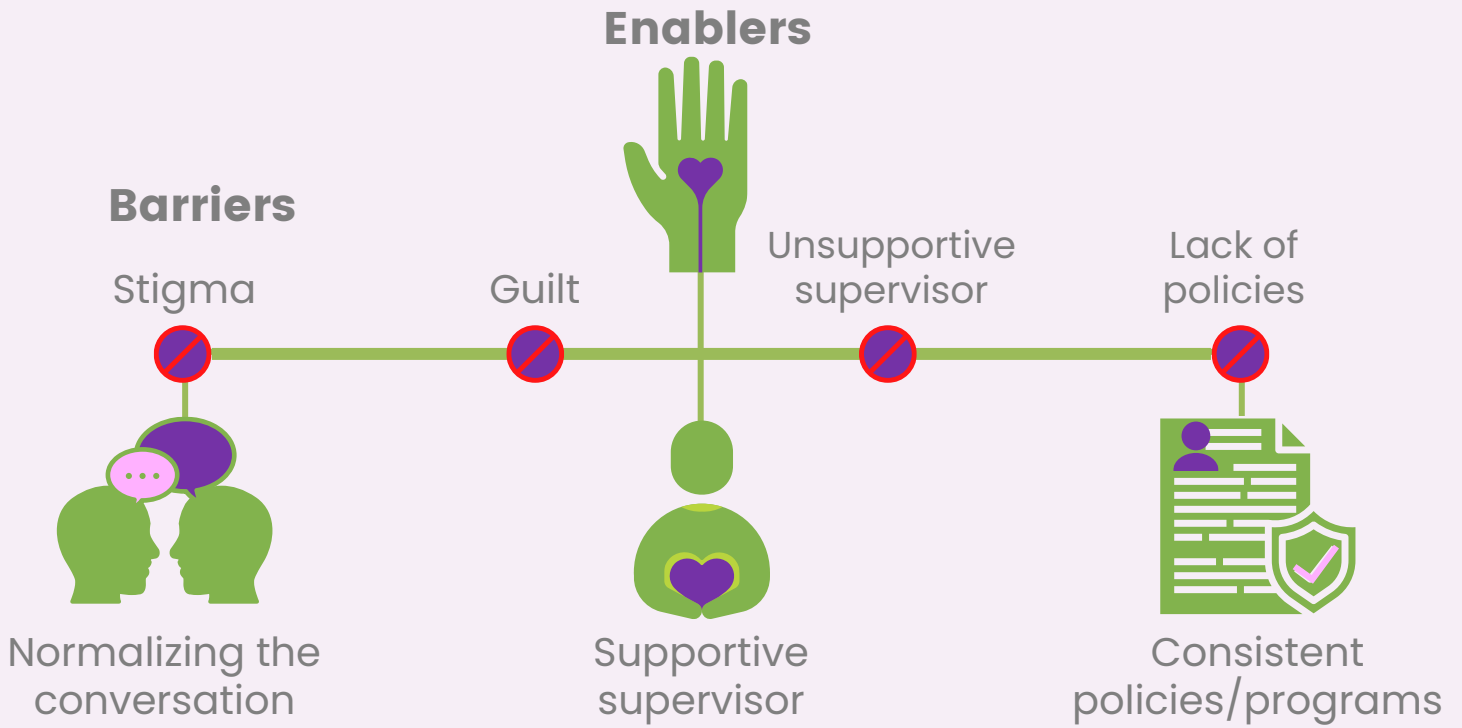


The Healthy Professional Worker Partnership is a CIHR & SSHRC funded initiative that examines mental health, leaves of absence and return to work from a comparative and intersectional gender lens. Please visit <https://bit.ly/3vK3ERG> for details to cite this document.



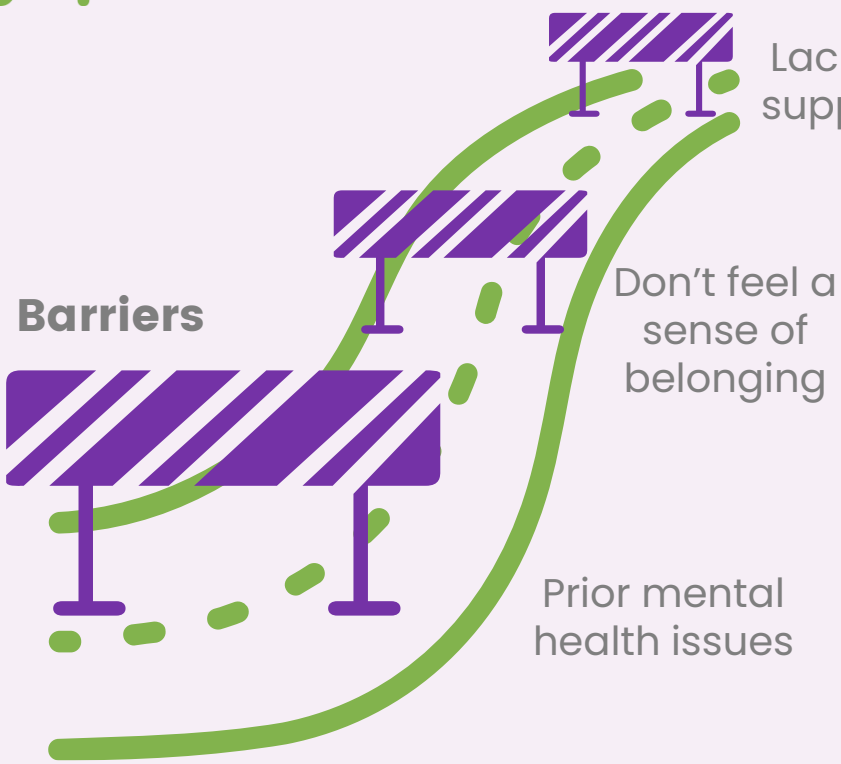
# Leaves of Absence

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



# Return to Work

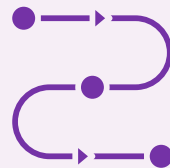
## Promising Practices



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

