

Mental Health Support for Health Care Workers



Health and community care workers have made a selfless commitment to care for our community during COVID-19. At work and at home, you have shown incredible strength. But even the strongest among us need help sometimes. Anxiety, exhaustion and compassion fatigue are all normal responses in this pandemic.

It's ok to say it: this is really hard.

We're here for you!

If you are a health or community care worker impacted by stress, supports are available to help you cope. St. Joseph's Healthcare Hamilton provides assessment and referrals to health or community care workers from across Ontario's west region.



Our Mental Health Support Team offers:

- **Fast**
- **Free**
- **Confidential support**

Access a trained mental health clinician from St. Joe's. Our team includes nurses, social workers, psychologists, and psychotherapists. They will connect with you and listen. You can share your fears, concerns, and struggles, receive support, engage in problem-solving, and receive help connecting to other resources or services if needed.

Simply call St. Joe's Connect at 905-522-1155, extension 36499 during business hours or complete the referral form on [our website](https://www.stjoes.ca/hcwmentalhealthsupport) at [stjoes.ca/hcwmentalhealthsupport](https://www.stjoes.ca/hcwmentalhealthsupport). You will be contacted within 24 hours.