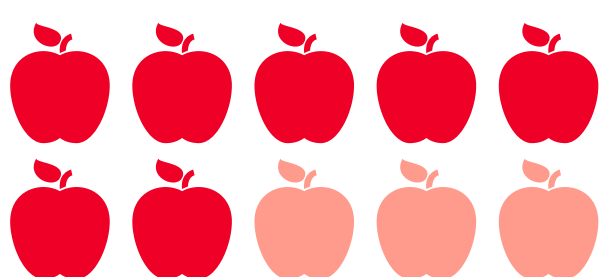
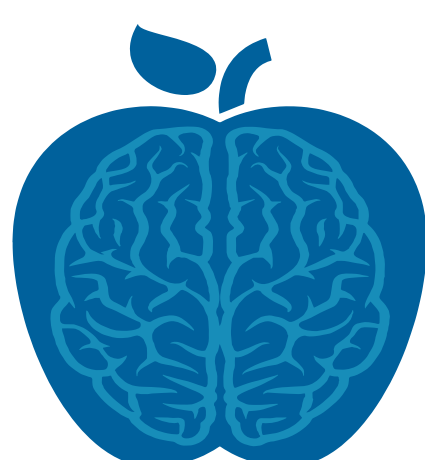


CTF/ FCE MENTAL HEALTH SURVEY CHECK-IN:

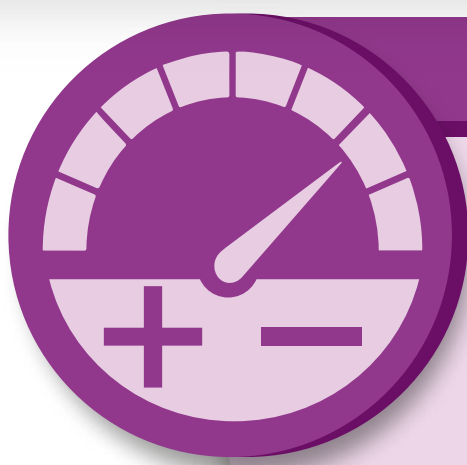
# TOP 5 CONCERNS

In October 2020, 13,750 teachers completed the CTF/FCE Teacher Mental Health Check-in survey. This is what teachers said:



**70%**

of teachers had concerns about their mental health and/or well-being



## STRESS, ANXIETY, DEPRESSION



**1 IN 3** teachers are "barely coping"

**15%** were 100% stressed

**23%**

teaching in-class and online at the same time were 100% stressed



## WORKLOAD AND WORK-LIFE BALANCE



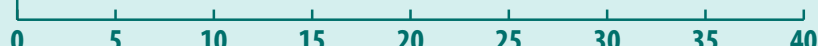
**1 IN 3**

teachers found that juggling multiple classroom and professional responsibilities "very" to "severely" exhausting

**35%** were very frustrated with continual shifts in their working environment

**37%**

felt very frustrated about the negative public perceptions of teaching



## MENTAL AND EMOTIONAL EXHAUSTION

**41%**

found trying to maintain a positive and energetic attitude "greatly affected" their mental and emotional health



**37%**

said that trying to adjust to teaching in the pandemic as "very draining"



## PHYSICAL HEALTH



**1 IN 3**

teachers rarely got enough sleep, hydration, and proper nutrition in their daily schedule



**1 IN 3**

rarely found time to exercise during the day



## TEACHER SUPPORTS



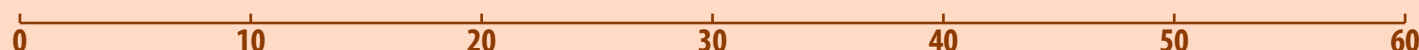
**OVER 60%**

felt "not supported" by their Ministry of Education



**48%**

felt "very supported" by their colleagues, and 44% felt "very supported" by their friends and family



### Increase

funding and visibility for teacher and student mental health supports



### Develop

policies, procedures, and resources to support teachers' emotional and mental health



### Implement

CTF/FCE guidelines for a safe and sustainable return to publicly funded public schools



### Listen

to teachers' experiences, recognizing long-term mental health impacts for teachers and students



### Support

teachers now and in the long-term by making their mental health and well-being a priority



## HOW TO ACCESS SUPPORT

Contact your CTF/FCE Member Organization to learn more about mental health and well-being supports and resources in your province and/or territory.

- **Canadian Mental Health Association** <https://bounceback.cmha.ca/>
- **Crisis Services Canada** <https://www.crisisservicescanada.ca/en/looking-for-local-resources-support/>
- **Wellness Together Canada** <http://ca.portal.gs/>



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