



NEWS

Mental health impact of COVID-19 taking its toll on workers

Latest polling data shows almost 80 per cent of Ontarians believe province will be in a serious mental health crisis post-pandemic as demand on services increases along with signs of burnout, compassion fatigue and vicarious trauma

By [Catherine Whitnall](#) Kawartha Lakes This Week
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It's difficult for the average person to avoid being negatively impacted by the COVID-19 pandemic, but it's becoming especially challenging for those who deal with it in their personal and professional lives.

"It's hard to escape everything that's been going on, and is still going on, regardless of who you are," said Ann-Marie Covert, Haliburton, Kawartha, Pine Ridge Canadian Mental Health Association case management and intake manager. "We're always watching for signs of burnout - apathy, bitterness, resentment, feeling overwhelmed. It's a natural reaction to change fatigue. It seems that every day there's something different; more bad news."