



Words Matter: Enhancing Mental Health Literacy

Moral injury.

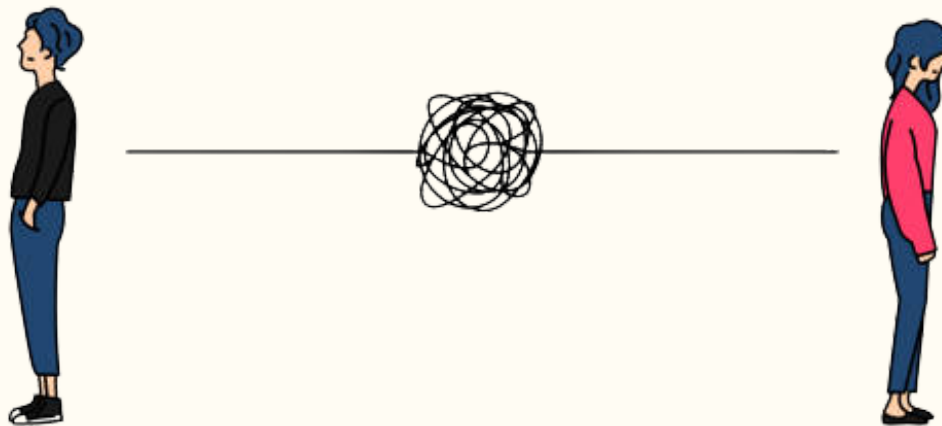
**A MENTAL HEALTH CONDITION THAT MAY
RESULT WHEN ONE'S BELIEFS OR MORAL
VALUES ARE VIOLATED.**





Moral injury.

**OCCURS WHEN ONE'S IDENTITY, SPIRIT,
AND SENSE OF SELF ARE DAMAGED
WHICH CAN RESULT IN STRAINED
RELATIONSHIPS.**



Moral injury.

THE CONCEPT OF MORAL INJURY IS EVOLVING AS EXPERTS CONTINUE TO STUDY ITS ORIGINS.





Words Matter Collaborators

CIPSRT

Canadian Institute for Public Safety
Research and Treatment



ICRTSP

Institut canadien de recherche et
de traitement en sécurité publique

Canadian Institute for
Pandemic Health
Education and Response

CIPHER



ICEISP

Institut canadien
d'éducation et d'intervention

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**Words Matter:
Enhancing Mental Health Literacy**

**POSTTRAUMATIC STRESS
DISORDER (PTSD)**

**A MENTAL DISORDER THAT MAY BE
CAUSED BY EXPOSURE TO SPECIFIC
TYPES OF SEVERE, PSYCHOLOGICALLY
TRAUMATIC EVENTS.**





PTSD

INVOLVES DIFFERENT COMBINATIONS OF SLEEP DISTURBANCES, FLASHBACKS, TRIGGERS, REGULAR VIVID RECALL, AND INTRUSIVE MEMORIES.





PTSD

EXPERIENCES LAST FOR MORE THAN ONE MONTH AND CAUSE SIGNIFICANT DISTRESS AND/OR IMPAIRMENT IN SOCIAL, OCCUPATIONAL, OR OTHER IMPORTANT AREAS OF FUNCTIONING.



PTSD & THE COVID-19 Pandemic

POSTTRAUMATIC STRESS DISORDER (PTSD) IS A POTENTIALLY DISABLING CONDITION THAT IS NOW A WIDELY RECOGNIZED PUBLIC HEALTH ISSUE, PARTICULARLY AMONG PUBLIC SAFETY PERSONNEL (PSP), MILITARY, VETERANS, AND HEALTHCARE PROFESSIONALS.

PTSD AND OTHER MENTAL HEALTH DISORDERS ARE CONCERNING FOR ALL CANADIANS, BUT ARE MORE PREVALENT IN THESE HIGH-RISK POPULATIONS BECAUSE OF OCCUPATIONAL FACTORS.

THE COVID-19 PANDEMIC HAS INCREASED OUR RELIANCE ON MEMBERS FROM WITHIN THESE ESSENTIAL PROFESSIONS. AT THE SAME TIME, THE PANDEMIC HAS TAKEN A TOLL ON THEIR PHYSICAL AND MENTAL HEALTH.

BACKGROUND ON THE GLOSSARY OF TERMS

THE GLOSSARY OF TERMS WAS CREATED TO PROMOTE A SHARED UNDERSTANDING OF MANY COMMON TERMS USED TO DESCRIBE MENTAL HEALTH CHALLENGES ARISING FROM EXPOSURE TO POTENTIALLY PSYCHOLOGICALLY TRAUMATIC EVENTS AND STRESSORS.

THE INITIAL ITERATION OF THE GLOSSARY WAS INTENDED TO 1) FACILITATE OPEN DISCOURSE AND CONVERSATIONS AMONG THE MANY PARTNERS AND STAKEHOLDERS AT THE NATIONAL CONFERENCE ON PTSD HELD IN 2019;

AND 2) ASSIST IN DEVELOPING THE FEDERAL FRAMEWORK ON PTSD. TO DATE, ACT C-211 STANDS AS THE ONLY FEDERAL GOVERNMENT ACT THAT ACKNOWLEDGES THE IMPORTANCE OF WORK-RELATED RISK FACTORS IN THE DEVELOPMENT OF PTSD IN CERTAIN PROFESSIONS.