



"Burnout"

Burnout is a mental health condition that can occur when the person experiences ongoing occupational stress in the workplace.

Organization stress is the worst culprit. Ongoing conflict with colleagues and high amounts of overtime are especially big red flags.

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Enhancing Mental Health Literacy

"Burnout"



Might be occurring when the person seems to have one or more of the following:

- **overwhelming exhaustion**
- **is cynical**
- **feels detached from the job**
- **feels ineffective**
- **does not get rewards from working in the job**

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Glossary of Terms

Background

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.

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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
en santé en cas de pandémie

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