



Are you burned out? Tell us about it!

Come **join us** in a discussion on burnout and mental health among healthcare workers in long-term care.

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Your health matters: Let's talk about how burnout affects you.

Are you experiencing any of these symptoms?

- excessive stress
- anxiety
- chronic fatigue and exhaustion
- insomnia

or other signs of physical/emotional distress.

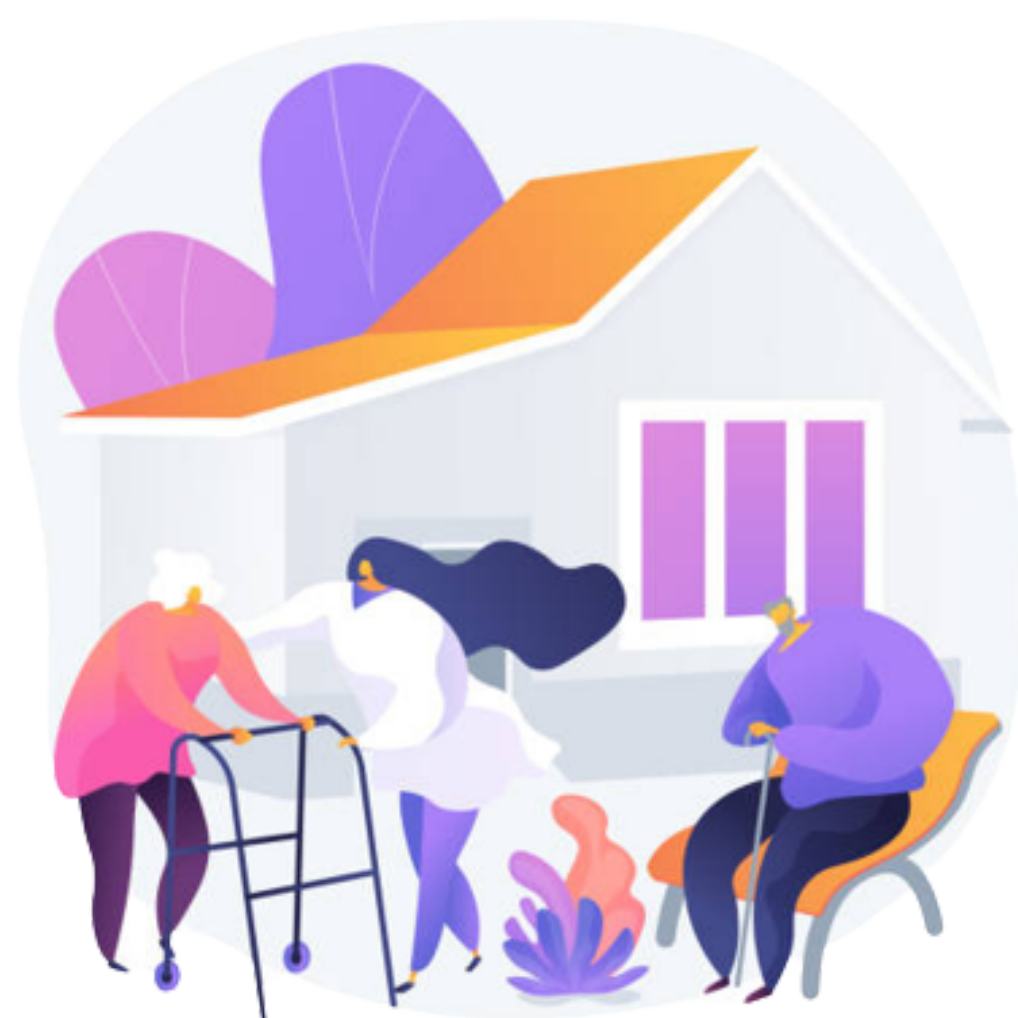


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Want to help find solutions? Join our study

You can participate by:

- Joining a focus group to share your expertise, and knowledge on burnout;
- Or
- Completing an anonymous online survey to help identify solutions.



**We want to hear
your thoughts to
better understand
how to
prevent and/or
reduce burnout in
long-term care.**

Make changes in your
workplace

We will share a summary of the study outcomes with LTC decision makers to improve your work environment, reduce burnout, and promote staff wellness.

**Help us
find solutions
that will make your
workplace
environment safer
and your **mental
health** better.**

For more information on this study, or to participate please contact: