

What were the key outcomes for each of your main project objectives?

- **Understand the nature of work stress and mental health in healthcare**
 - Top stressors include work load, staffing, leadership, physical environment, communication concerns and not being able to provide optimal patient care
- **Identify facilitators and barriers to improving the workplace and mental health of healthcare workers**
 - Facilitator: There is alignment among executive, managers, union representatives and frontline workers regarding frontline workers key work stressors
 - Barriers: Time, resources, concurrent projects/changes