



# CFLI/FCIL

Canada Fund for Local Initiatives  
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## Supporting the Mental Health of Healthcare Workers in the OECS

### AT A GLANCE

**TIMEFRAME:** 1 YEAR

### CFLI CONTRIBUTION

CAD 30,000.00

### IMPLEMENTING ORGANIZATION

CARIBBEAN TRAINING AND EDUCATION CENTRE FOR HEALTH (C-TECH)

### LOCATION: JAMAICA, OECS COUNTRIES



### OVERVIEW

As the COVID-19 pandemic continues, the rising prevalence of mental health conditions in the Caribbean Region is a serious public health concern. As COVID-19 continues to affect persons across the Region, there is a need for urgent action to promote good mental health and wellbeing. For healthcare workers, the impact on their mental health has been severe – having to bear a high burden of stress, increased workloads and exposure to multiple psychosocial stressors. They have had not only to respond to the pandemic but also to help others with their psychosocial support. As the pandemic prolongs and the health sector begins to adapt in various ways, challenges and realities still exist and include stressors such as vaccine hesitancy, COVID-19 variants, and further surges in cases and hospitalizations. Therefore, greater focus is needed towards strengthening healthcare systems, with attention to the health workforce and their mental health and well-being.

The goal of the project is to improve the mental health and well-being of the frontline healthcare workers in the OECS through prevention, awareness, and intervention. This includes increasing mental health literacy levels among healthcare workers and improve the availability and usability levels of mental health services. The project activities will be undertaken primarily in the OECS countries. Direct psychosocial support will be made available to the 5,000 frontline workers inclusive of healthcare workers, social workers, and teachers in OECS Member States over 12 to 24 months.

### ACTIVITIES

- Regional project launch
- Dissemination of communication materials on mental health support
- Host 10 monthly self-care webinars for HCWs
- Offer Global Mental Health Professional Course to 60 HCWs
- Offer Leadership and Management in Health Course to 60 HCWs

### EXPECTED OUTCOMES

- 60 HCWs engaged in monthly self-care webinars
- 60 HCWs and leaders directly supported and more equipped to deal with common mental, emotional, and psychological concerns due to COVID-19 pandemic.
- 5,000 HCWs and leaders directly supported and more equipped to deal with common mental, emotional, and psychological concerns due to COVID-19 pandemic.
- 5,000 HCWs with access to communication materials to support mental health
- 60 HCWs and leaders with increased knowledge on leadership and management in health

*For More Information, please contact:*

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