

# Comprehensive Stressors and Mental Health Survey

For Emergency Management  
and Affiliated Professionals



# Join Us

The Journal of Emergency Management released an industry-wide stressors and mental health survey. This survey aims to get baseline data on the mental health state and challenges of professionals in the field of emergency management, business continuity, and affiliated professions. Please contribute to the survey and increase awareness by using this toolkit.



# Call To Action



**\*\*IN ORDER TO PUBLISH DATA TO EFFECTIVELY DRIVE INDUSTRY-WIDE CHANGE, WE NEED A LARGE SAMPLE SIZE FOR STATISTICAL VALIDITY. YOUR PARTICIPATION IS CRUCIAL\*\***

1. Please take the survey ONLY once and ask your peers in your field to also take this survey.
2. Utilize this Social Media Toolkit to incorporate into your content campaigns.

[Take this Mental Health Survey now!](#)

[Share](#)

[CREATE CONTENT](#)

# Social Media Toolkit Content

Comprehensive Stressors and Mental Health Survey for Emergency Management and Affiliated Professionals

## Introduction

Provide purpose, background, and timeline.

## Background

Find out who is behind the development of this survey.

## Timeline

Scope of the survey including deadline and future plans.

## Instruction

Toolkit instruction including survey hashtags and accounts to tag.

## Survey Access

Website link, QR code, and Logo Table with social media platform links.

## Sample Posts

Additional social media images and text found on Mozaik Solutions website.

**Mental Health Notice** This survey may provoke emotional responses. Please read this notice.



# Introduction

**PARTICIPATION CLOSES ON FEBRUARY 28, 2022**

The goal of the Comprehensive Stressors and Mental Health Survey is to assess the multitude of unique stressors and the current state of mental health related within the emergency management field and affiliated professions. The data collected will support analysis and research to better lead, support, recruit, retain and grow professionals and organizations.

Additional questions are an attempt to determine

- appropriate exercises, therapies and other modalities to improve mental health and hygiene.
- education and leadership training based on personality and leadership characteristics.

# Background

PARTICIPATION CLOSES ON FEBRUARY 28, 2022

The survey is the product of a team led by the Journal of Emergency Management Publisher and Managing Editor, Richard DeVito, Jr., and comprised of team members Kim Guevara, MA and Ali Meyer, MS of Mozaik Solutions; Timothy Erickson, MD and Sonny Patel, MPH of Harvard University, Harvard Humanitarian Initiative and Harvard T.H. Chan School of Public Health; and Journal of Emergency Management Editor-in-Chief, William Waugh, Jr., PhD.



# Timeline of Survey Strategy

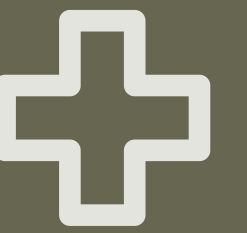
Survey Participation / Data Collection	Survey Closes	Analysis & Research	Optimization
<p><b>THROUGH FEBRUARY 28, 2022</b></p> <p>Harvard's Kobo Toolbox is used for data collection ensuring a completely blinded survey.</p>	<p><b>FEBRUARY 28, 2022</b></p> <p>Collected data will help ascertain the current state of stressors and mental health to support research in moving the profession forward.</p>	<p><b>2022</b></p> <p>Initial data will be presented in JEM webinars, conference poster sessions, and articles in the peer-review literature. Brief reports will be released as data analysis is completed.</p>	<p><b>2022 AND BEYOND</b></p> <p>The long-term goal is an annual, community-led survey to track improvements or challenges that need to be addressed to drive actionable change. Funding and statistical service interests, email <a href="mailto:jem@pnpc.com">jem@pnpc.com</a></p>

# Mental Health Notice

**This survey is completely voluntary, anonymous, and may provoke emotional responses.**

While we ask for certain demographic information, all survey data is de-identified. No attempt will be made to connect data to an individual and thus, have no way to reach you if you experience distress.

If you are in crisis, please immediately consult a medical professional, healthcare provider, or contact the Suicide Hotline at 1-800-273-8255.





# Toolkit Instructions



## LIKE & SHARE CONTENT WITH #EMBCMENTALHEALTHSURVEY

- Use information found in this Toolkit to create unbiased content.
- Incorporate sample posts and Mozaik Solutions graphics into your content campaigns.
  - Tweets can be posted with the “click2tweet” link, you will need to add the image separately.
- Please consider sharing this toolkit with partner organizations and other individuals who care about this cause!



**HASHTAGS TO USE:****#EMBCMentalHealthSurvey****#CrisisAthlete****#MentalHealthAwareness****#Neuroscience****#ConversationsForChange****#EmergencyManagement****#BusinessContinuity****ACCOUNTS TO TAG:****Journal of Emergency Management****Mozaik Solutions****Harvard T.H. Chan School of Public Health****Harvard Humanitarian Initiative****Harvard Medical School****Harvard University**

Remember to tag your partnering organizations, team members, and network at-large while adding your sector-specific hashtags.

# Toolkit Survey Access

Click on the below links to access the Comprehensive Stressors and Mental Health Survey For Emergency Management and Affiliated Professionals

➔ [KoBo Toolbox Survey Link](#)

➔ [Journal of Emergency Management Website Link](#)



Scan the QR code to take the survey

PARTICIPATION CLOSSES ON FEBRUARY 28, 2022

# Logo Table

**Journal of  
Emergency Management**



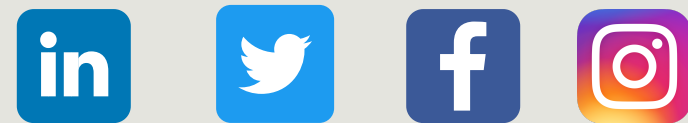
**Mozaik Solutions**



**Harvard T.H. Chan School of  
Public Health**



**Harvard Humanitarian Initiative**



**Harvard Medical School**



**Harvard University**

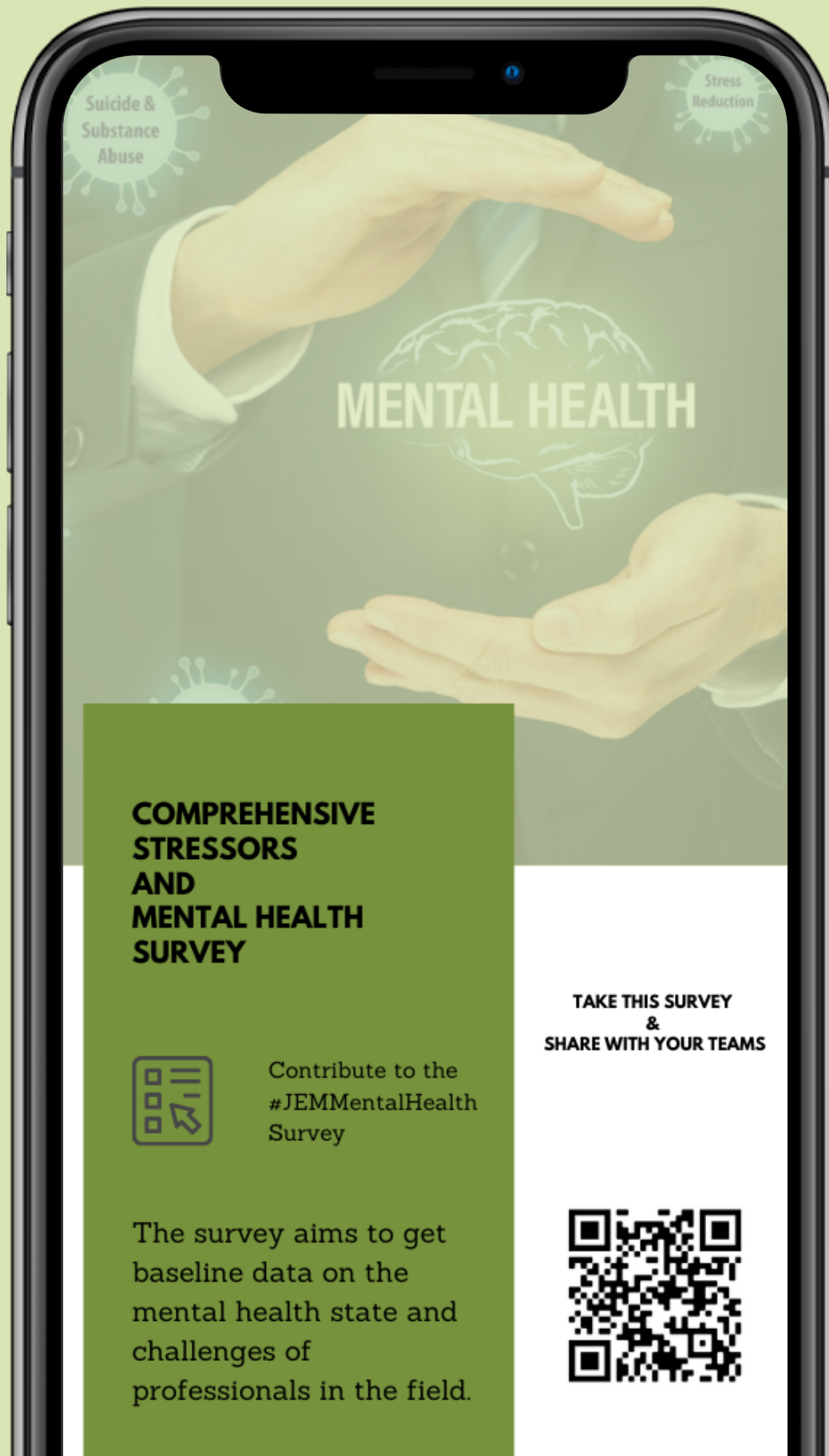


# Sample Posts

PARTICIPATION CLOSES ON FEBRUARY 28, 2022

## Post Descriptions & Graphics

Sample posts and graphics found on the [Mozaik Solutions website](#)



# It's time move the profession forward, mindfully.

#EMBCMentalHealthSurvey

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Other copyrighted survey questions used under fair use as an investigative/research project. We thanks those organizations for their support.  
For more content on emergency management, COVID response, and mental health, like and follow JEM.

