

Mental health and stress management during COVID-19 in the mining industry

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ABSTRACT

The mining industry has shown a growing interest in mental health and related factors over the years. Some companies have demonstrated considerable leadership in better understanding the wellbeing of their workers. A 5-year research effort on this topic (The Mining Mental Health Project) was completed in 2019. The results provided suggestions on potential intervention strategies for mining worker health. This presentation will consider translating that knowledge to the current pandemic situation and address some of the stressors, specifically in the mining industry.