



## For Grocery Workers, the Need for Mental Health Care May Outlast Coronavirus Pandemic

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[CNBC](#) [1]

People who work in grocery stores and pharmacies may have increased mental health needs during COVID-19. According to experts, the psychological toll of working in public spaces during a pandemic is significant. Pre-existing stressors for grocery and pharmacy staff, such as low wages and frequent customer interactions, are now compounded by the threat of virus exposure. To help employees cope, some national retailers are encouraging workers to use their mental health benefits, waiving fees for telehealth appointments, and offering stress reduction tools. More employers should expand long-term access to telehealth services to help address chronic stress among workers, said Vaile Wright, director of clinical research and quality for the American Psychological Association.

**Spark Extra!** Find [resources](#) [2] to support mental health during COVID-19, including newly added ones for workplaces.

### Links within this resource

[1] <https://www.cnbc.com/2020/04/16/grocery-store-workers-need-for-mental-health-care-may-outlast-pandemic.html>

[2] <http://www.sprc.org/covid19>

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