

Chair Taylor Members of the Committee, I have been working mandatory overtime 3 or 4 times a week for the duration of the pandemic. In my line of work, I'm responsible for the safety of vulnerable individuals. When I have to work this much overtime, I am too tired to drive safely on outings, too tired to make sure I counted pills correctly, too tired to prepare food safely, and too tired to remember important information that could be potentially lifesaving in an emergency.

Because of constant mandatory overtime, I don't really have a home life anymore.

I've been hospitalized a number of times and attempted to take my own life more than once throughout the duration of the pandemic. I truly believe had I had a different job, or the ability to work fewer hours, I wouldn't have attempted. I would have had more time to access resources to help myself. I could have increased my therapy sessions during my time off work. I didn't have time for more therapy, and my mental health suffered greatly.

Our staff are trying to kill ourselves. I assure you I'm not the only one. We discuss these things amongst ourselves. If we don't address this problem soon, the consequences will literally be life and death.

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