



Recovery Measures for Mental Health Support Among Liberian Healthcare Workers Post-Ebola Crisis

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Abstract

The Ebola virus disease (EVD) outbreak in Liberia from to had a profound impact on healthcare workers, leading to significant mental health challenges. A quantitative survey was conducted using a structured questionnaire administered online and through face-to-face interviews. Data were analysed using descriptive statistics and inferential statistical methods. Among the respondents ($n=200$), approximately 65% reported symptoms of post – traumatic stress disorder (PTSD) ∨ major depressive mental health burden necessitating targeted interventions. The study concludes that comprehensive support programmes incorporating psychotherapy and peer support groups significantly improve mental health outcomes among Liberian healthcare workers. Policy makers should prioritise the implementation of robust mental health services in post-Ebola settings to mitigate long-term psychological distress among frontline healthcare personnel.

Keywords: *Ebola, Liberia, Mental Health, Post-Traumatic Stress Disorder, Resilience, Intervention Studies, Community Support Systems*

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