

Championing wellbeing in our practice

Supporting our mental health helps us care for each other, our clients and their pets. A happy, healthy team makes for a stronger, more resilient practice.

Burnout can affect anyone. Look out for:

- Constant tiredness, even after rest



- Difficulty concentrating



- Feeling detached or emotionally numb



- Loss of motivation or enjoyment



- Irritability or mood changes



- Physical symptoms like headaches or stomach issues



If any of this feels familiar, in yourself or a colleague, you're not alone and support is available.

Where to find support:

- Talk to your line manager or practice wellbeing lead
- Contact Vetlife (confidential 24/7 support): 0303 040 2551
- Visit the Mind Matters Initiative: vetmindmatters.org