RECOGNISING SIGNS OF STRUGGLES IN THE WORKPLACE:

- Tiredness
- Trouble concentrating
- Heightened Emotional State
 - Avoiding social activities
 - Taking more time off
 - Overwhelmed
 - Obsessive Compulsive Disorders

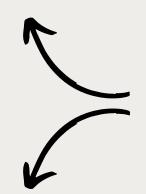
"Mental health is about how we think, feel and behave.



Anxiety and depression are the most common mental health problems."*

LOOKING AFTER MENTAL HEALTH AT WORK:

- Talk about your feelings
 - Keep active
 - Eat well
 - Ask for help
 - Take a break
 - Do things you enjoy
- Accept help when offered









"50% of employees have experienced at least one characteristic of burn out due to greater job demands and expectations"

PLACES TO LOOK AT WHEN YOU NEED HELP:

- Public Health England
 - CALM Helpline
 - NHS Mood Zone
 - Vetlife
 - Vetled
 - RCVS MMI
- BVNA Members Advisory
 Service (BMAS)





"1 in 4 people in the UK will have a mental health problem at some point in their lives"

