

## 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

MENTAL HEALTH



"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"\*