RUOK?

RUOK day was on Thursday 8th September and this always makes me think about not only the mental health of my family and friends, but my colleagues and the veterinary profession as a whole.

Many people who walk through the doors at VetHQ do not realise that although we love our job, veterinarians and their colleagues have one of the highest suicide rates of any profession.

A recent national survey of 2540 vets and people working in the veterinary industry showed that **dealing with difficult clients was shown to have the biggest negative impact on our mental health**. Other contributing factors include excessive workload, long hours and unrealistic client expectations.

Mental health and the wellbeing of our colleagues has become of paramount importance to our team at VetHQ. As proud members of both the Australian Veterinarian Association and the Veterinary Nurses Council of Australia, we continue to evolve in our strategies to manage mental health. Most importantly, **looking after our team** and continuing to support them both in their professional development and outside work endeavours.

What you can do:

Give us a shoutout if you feel that we have done something right. Like wise, please let us know if there is something you would like to discuss.

If all else fails……just send us a cute picture of your pet.

Find Vet HQ Double Bay on:

facebook Instagram

Dr Polina

FLYNN'S WALK

Flynn's Walk is heading to Sydney in September!

Sunday September 18, 2022 from 9.30am at Newington Armory, Sydney Olympic Park

Join as Newington Armory for a 4km loop community walk,