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May is Mental Health Awareness Month!

Did you know that NAVTA has created a Wellbeing Task Force with a mission of serving the veterinary team members in actively creating a life and career that is fulfilling, rewarding, and sustainable? Yes, we did!

For decades, studies have detailed that veterinarians are at risk for depression, psychological distress, and burnout. Veterinary team members show a progression from idealistic enthusiasm to a gradual loss of energy and commitment. Fatigue, frustration, and mental anguish may lead to feelings of incompetence, helplessness, and hopelessness – and can shorten a career or lead to a toxic environment within your veterinary team. **The entire veterinary team is at risk.**

The Wellbeing Task Force provides resources for veterinary technicians/nurses and team members.

Wellbeing begins with [personal wellness](#). If veterinary team members can't take care of their own health, they will find it difficult to care for patients and support the team. The Task Force has created tools to assist NAVTA members and veterinary professionals in assessing personal wellness, review resources to determine how one can develop a self-care program to improve work-life balance, reduce compassion fatigue, and improve physical health and financial fortitude.

Find resources and tips on the NAVTA website <https://www.navta.net/page/Wellbeing> related to

- Physical Wellbeing
- Mental Wellness
- Professional Wellbeing
- Veterinary Team Finances & Debt Load
- Harassment & Bullying

Questions? Forward questions to info@NAVTA.net attention "Wellbeing Task Force".

You are encouraged to join NAVTA at www.NAVTA.net

About NAVTA

NAVTA's mission is to advance veterinary nursing and veterinary technology. Whether you are a highly experienced veterinary technician or a newcomer to the veterinary

health care profession, the National Association of Veterinary Technicians in America has something to offer you. All team members and industry partners are encouraged to become a member of NAVTA.

Disclaimer:

The website does not provide specific psychotherapy advice. The site is intended only for use by consumers in search of general information pertaining to wellbeing and related topics. Content is not intended to replace or serve as substitute for professional consultation or service. Observations and opinions on the website should not be misconstrued as specific advice.

If you are in crisis, please call the [National Suicide Prevention Lifeline](#) at 1-800-273-TALK (8255) or contact the [Crisis Text Line](#) by texting TALK to 741741.