

Burnout, moral injury and compassion fatigue.

Veterinary work can be deeply rewarding—but it also brings unique emotional and psychological challenges.



Burnout

A syndrome caused by chronic, unmanaged workplace stress, characterised by exhaustion, mental distance or cynicism about one's job, and a sense of ineffectiveness or lack of accomplishment.



Moral injury

The very intense psychological distress that can follow events which go against a person's deeply held moral beliefs.



Compassion fatigue

A state experienced by those helping people or animals in distress; an extreme tension and preoccupation with suffering that can create secondary traumatic stress for the helper.

Free resource available

Download our free, comprehensive written guide for all veterinary professionals, offering insight into recognising these issues, responding effectively, and working towards prevention:

- Highlights three key psychosocial factors affecting wellbeing in veterinary settings
- Explores the impact of suffering, limited resources, and moral constraints
- Aims to build understanding to support ourselves and each other



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