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Why Singapore's vets might be depressed

Singapore

## 'I cried every day': Why Singapore's vets might be depressed

Studies around the world have long indicated a greater tendency for animal doctors to take their own lives. Now, in Singapore, the issue of mental well-being in the profession is slowly coming into focus.



A veterinarian conducts a physical health check on a puppy (Photo: Aziz Haziq Mahmud)

SINGAPORE: Just over a year into his first job since graduating, veterinary surgeon Chow Hao Ting decided to take a break from the industry.



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# Mental Well Being

WBTV ON YOUR SIDE

NEWS WATCH LIVE WEATHER WBTV INVESTIGATES SPORTS Th.

## Suicide by local vet tech sparks international important conversation



NEW FORECAST  
CELEBRATION OF LIFE REMEMBERS VET TECH  
HORNETS NEST PARK, NORTH CHARLOTTE

By [Newsies @Boyle](#) | October 5, 2018 at 3:02 PM EST - Updated October 8 at 12:47 PM

CHARLOTTE, NC (WBTV) - When I recently took my dogs to our vet at Cotswold Animal Hospital I noticed a blue ribbon on the Veterinary Technician who was helping us.

"What's the blue ribbon symbolize?" I asked.

"We're wearing Royal Blue to remember Amanda Ryan. She was another Vet Tech. She took her life recently," she told me.

I'm sure she could see how stunned I was.

ABC Sunshine Coast

## Veterinarians abandon profession as suicide rate remains alarmingly high

Updated 14 Jan 2019, 10:58am



PHOTO: The suicide rate among veterinarians is alarmingly high. (Illustration: Melissa for Inspire)

Australia's veterinarian shortage has been "particularly tough" in the past 12 months, according to an employment expert who blames stress, financial pressure and long hours, along with abuse and "emotional blackmail" from pet owners, for the problem.

It also four times more likely to take their own lives than other professions, which is double the suicide rate for doctors, dentists and nurses.

RELATED STORY: Managing the mental stress of life as a vet

RELATED STORY: How dealing with death impacts vets' mental health


RELATED STORY: Suicide deaths spark call for better secure mental health support

Key points:

- It has become difficult to fill vet roles due to a number of conditions, including low starting salaries.

## CDC study finds higher rates of suicide in veterinarians

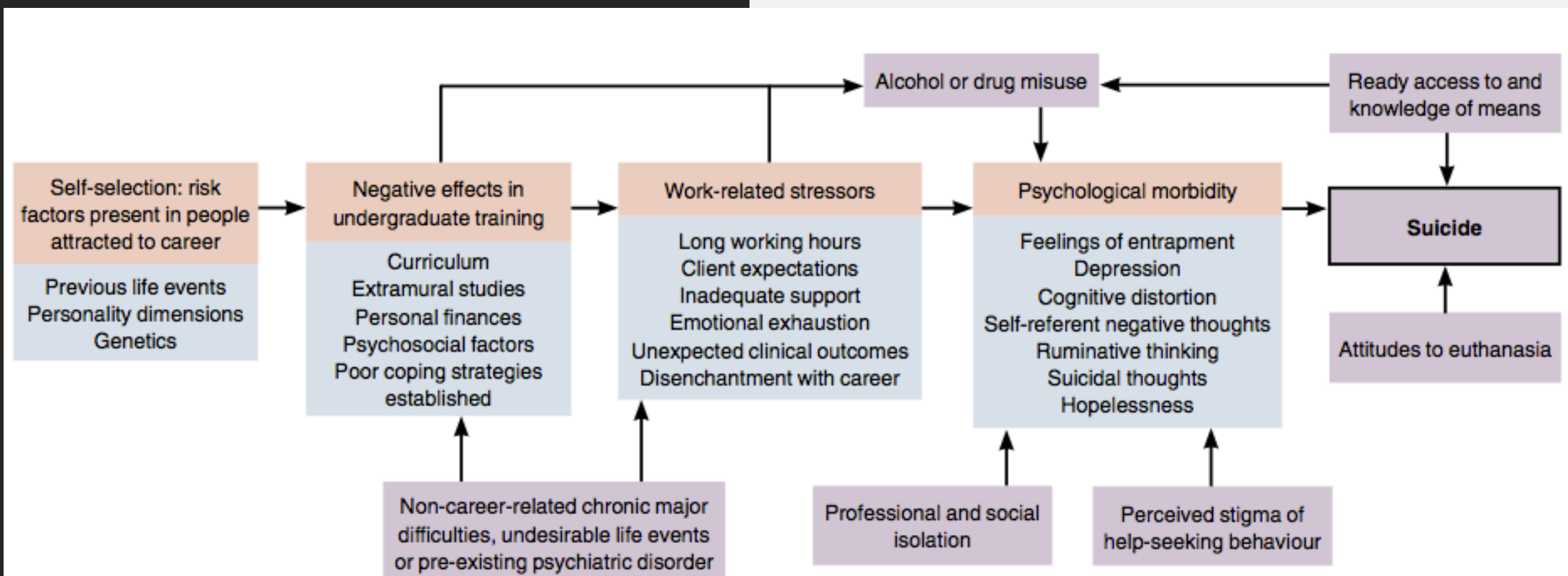
By Sommer Brokaw



The CDC said Thursday that female veterinarians are 3.5 times more likely to die by suicide than the general population and male veterinarians are 2.1 times more likely. File Photo by Ken Bohn/UPI/San Diego Zoo. | License Photo

Dec. 20 (UPI) -- U.S. veterinarians have had higher rates of suicide than the general population for more than three decades, the Centers for Disease Control and Prevention said Thursday.

Veterinarians were about three times as likely as the general population to



# Challenges faced by Veterinary Professionals

- BARTRAM, D. J. & BALDWIN, D. S. (2008). Veterinary surgeons and suicide: influences, opportunities and research directions. *Veterinary Record* 162, 36-40



- Reading is believing?
- Compliance through visual signage
- Signage serving as a “silent” reminder

## A Great Day Out To The Vet

At AAVC, we want everyone to have a pleasant experience. A great day out in an environment that is safe, welcoming and friendly for our clients, our patients and our employees.

We will not tolerate any aggressive or abusive behaviour, **PHYSICAL OR VERBAL** towards our employees or other clients.

Anyone behaving in an intimidating, aggressive or abusive way towards any employee or client will be ejected from the premise immediately, and be refused veterinary services.

If actual violence occurs, the offender will be detained pending the arrival of the Police.

It is AAVC policy to seek a criminal prosecution where violence is inflicted upon any employee of the company.



*AAVC - Animal & Avian Veterinary Clinic*



**RECOMMENDED  
BY VETERINARIANS  
WORLDWIDE™**

- Online reviews – the good, the bad

**AAVC-Animal & Avian Veterinary Clinic**  
Yishun Street 71, #01-254, Blk 716, Singapore

3.8 ★★★★★ 267 reviews

**Chia Shi Xian**  
4 reviews · 7 photos  
★★★★★ 6 months ago  
Brought my Red Ear Slider to check on swollen eye... Vet and staffs are very patience, friendly and approachable..

**Stella Selv**  
2 reviews  
★★★★★ a year ago  
**Positive:** Professionalism  
I was not given an appt by the clinic I regularly take my 🐱 to. So I call AAVC, I was asked to come b4 1.30pm. My cat was attended to by 2 doctors. They treated my cat well, they took the time to attend to my cat, they were responsive. There was alot of difference between the AAVC and the regular clinic (I went 3 weeks ago). That clinic will see my cat in a jiffy. To my surprise AAVC took their time, answered my question and advised me. I give the AAVC 🍌🍌🍌🍌.

**Ruby Chan**  
Local Guide · 13 reviews · 2 photos  
★★★★★ 9 months ago  
My kico n ocean have been with them since young. So far, vet r patience n did alot of follow up when my pet r not well ,esp when I neuter ocean. They sms to see if he is ok. Gd job.

**AAVC-Animal & Avian Veterinary Clinic**  
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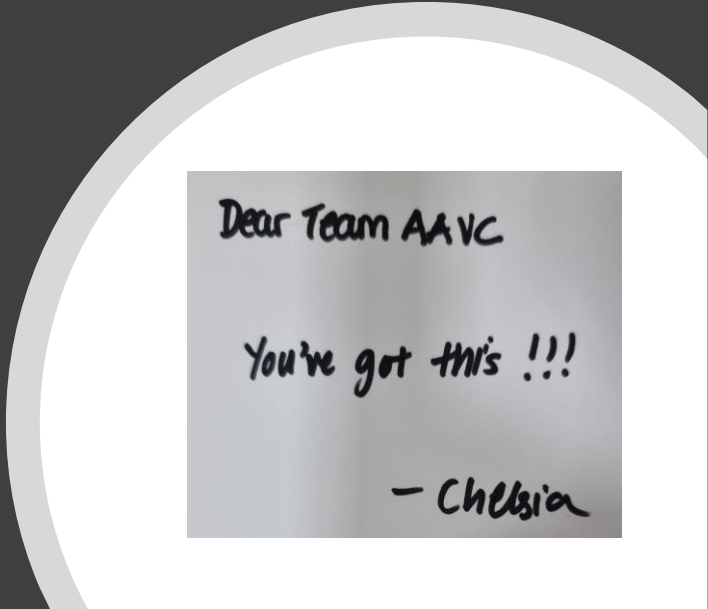
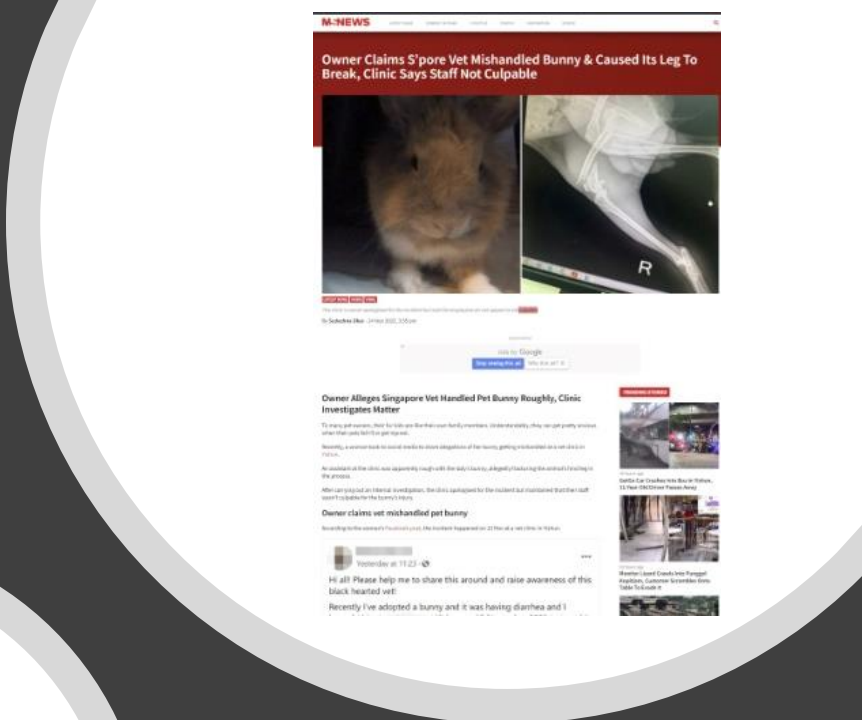
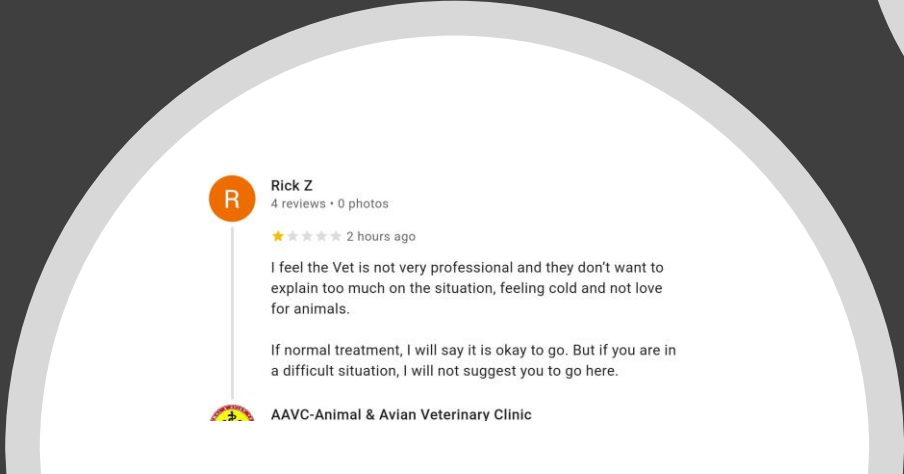
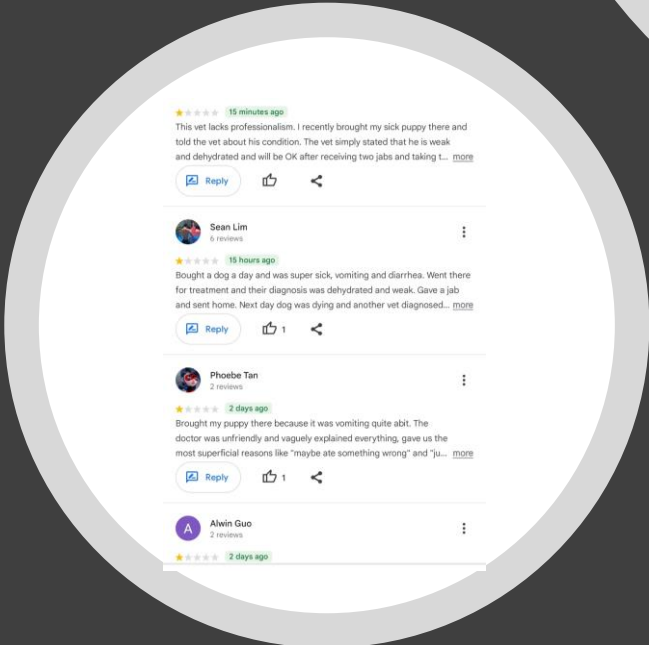
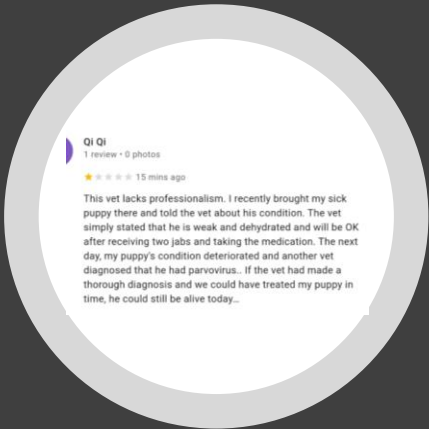
**An-Nisa - The Women**  
8 reviews · 1 photo  
★★★★★ 3 months ago  
I have been taking my boys almost 2 years and they did very good job handling them.

**Reverie**  
13 reviews · 5 photos  
★★★★★ a year ago  
Dr Kenneth Tong is an extremely knowledgeable avian vet. I've brought over 3 birds to see him in the past 8 years or so and we've had many success stories. Thank you Dr Kenneth Tong and team for your wonderful service. His associates kept following up on my bird even a week after our vet visit! No other vet clinic has ever done that. Truly a 5-star vet clinic 🍌

**Syazwi Faidhi**  
4 reviews  
★★★★★ a year ago  
**Critical:** Professionalism  
Very poor service was rendered by Dr Alex. He was unprofessional in how he dealt with our visit as he was rushing through the consultation and provided very brief advice on my cat's situation.  
  
He mentioned that my cat had an abscess in her mouth that requires dental treatment to remove. As a temporary measure, he administered antibiotics to my cat via an injection. He instructed my brother to hold my cats neck while he proceeded to provide the injection. Naturally you would expect the cat to react aggressively after receiving an injection. He rudely mentioned to my brother to hold her neck tight as he sarcastically told my brother 'it is your job to protect me'. Such remark was totally uncalled for.

& the ugly.

Facebook, Google,  
mustsharenews, Social Media



# Destress – Webinars

- But the realities and feasibility of such, time, effort etc.
- Emails, whatsapp, adverts, Govt policies administrative duties, HR

**Veterinary team "going home" checklist**

- Acknowledge **one thing** that was hard on this shift - and let it go
- Remember **three things that went well**
- Check on your colleagues before you go - **are they ok?**
- **Are you ok?** Recognize and accept your feelings
- **Switch your attention to home. Time to rest and recharge**

@the\_vetahead

the\_vetahead

Self-Care, Aftercare, and Professional Care: The Spectrum of Wellbeing Tools with Jeannine Moga | VETgirl Veterinary Continuing Education Blog

**It's OKAY to reach out.**  
OBSERVE your thoughts  
The Thinking + Feeling Connection

Our **Thinking** influences how we **Feel** and **Act**

Adversity  
What happened

Consequences  
What we feel and do

**Belief**  
Our thoughts

POLL: Which can you control? Adversity (Situation) or Belief (Thoughts)

HealthHub

Health A-Z Live Healthy Mental Well-Being Parent Hub Health Programmes Health Services

HOME > LIVE HEALTHY >

### 8 Quick Things You Can Do To De-Stress

Work stress is often unavoidable. We stress ourselves out over deadlines and demanding customers. Here's how to relieve stress and attain mental wellness at work.

Related Articles

- Health Promotion Board: Myths and Misconceptions about...

VETgirl

Taming anxiety: Bio-hacks to reduce overwhelm in an overwhelming time

Jeannine Moga, MS, MEd, CDE, DVM, DACVIM, DACVIM-IM, DACVIM-IM-IM

Stress. Taming anxiety in veterinary medicine: Bio-hacks to reduce overwhelm in an overwhelming time

VETgirl 27.5K subscribers

0:00 / 42:25 • Introduction

Top chat replay



# It's OKAY to reach out.

Webinar series

Thank you for joining us, we hope you have enjoyed the session.

Here's a recap of some tips to get a good night's sleep:

## Stick to a bedtime routine



- Try going to bed and waking up at the same time every day (including weekends)
- Aim to have at least 7 hours of sleep every night

## Avoid using electronics at least 30 minutes before bedtime



- The blue light coming from the phone, TV or tablet can affect your sleep quality
- Reading emails, sending texts and checking social media etc. can stimulate your mind, making it harder for you to fall and remain asleep

[Click here to learn more about sleeping well](#)

# It's OKAY to reach out

Webinar Series - Back by Popular Demand

Missed our webinars? We will be running a repeat telecast\* of these webinars.

## MANAGE STRESS FOR A MORE RESILIENT YOU

26 August 2022 (Fri) | 12 noon - 1.30pm



## UNVEILING MY PROBLEMS - WHO CAN I TURN TO?

22 July 2022 (Fri) | 12 noon - 1.30pm



## SLEEP UNEXPLAINED: WHY GOOD SLEEP MATTERS?

12 August 2022 (Fri) | 12 noon - 1.30pm



Limited slots available. [Click here to sign-up now.](#)

[Sign Up](#)

\*Please note that there will be no live Question & Answer segment with the speaker.

# It's OKAY to reach out.

Webinar series

Thank you for joining us, we hope you have enjoyed the session.

Remember, reaching out can help us feel better especially when things seem overwhelming.



## What it means to reach out

Reaching out can mean getting connected to someone we trust. It could be a friend, a loved one, or even a healthcare professional.



## Why is it important to reach out for support?

- It could help us see things differently
- It could help as a source of relief
- It could help us realise that we are not alone

## Tips on reaching out for support



- Choose a good time and place to chat
- Acknowledge our feelings
- Be direct about what's needed from the other person (e.g. a listening ear, instead of suggestions or solutions)

[Click here to learn more tips on reaching out for support](#)

Mind your Qs, understanding IQ, EQ, SQ, CQ (YQ), OQ, UQ, AQ



**HIV can't stop us.**  
*Get Tested  
 and Treated early.*



With early and effective treatment, people living with HIV can lead lives no different from others.

Scan to learn more

Know your status by getting tested at GP clinics islandwide, or do so anonymously at  clinics

**NATIONAL HIV PROGRAMME**  **Supported by**  **DSC Clinic**  **National University Hospital**  **SNEF**

**YOU CAN'T GET HIV FROM**



That's because HIV can't be transmitted through shaking hands.

**HIV. SPREAD THE FACTS.**

[www.ncid.sg/nhivp](http://www.ncid.sg/nhivp)

**NATIONAL HIV PROGRAMME**  **Supported by**   **SNEF**

**YOU CAN'T GET HIV FROM**



That's because HIV can't be transmitted through sharing food.

**HIV. SPREAD THE FACTS.**

[www.ncid.sg/nhivp](http://www.ncid.sg/nhivp)

**NATIONAL HIV PROGRAMME**  **Supported by**   **SNEF**

Inclusive, Non-discriminatory  
 safe and healthy environment

“We think that secrets separate us and make us different. But if you find the courage to share them, we shatter that illusion. We see that secrets aren’t walls; they’re bridges.”

– Frank Warren (Founder of PostSecret)

## Helpguide’s 6 Keys to Mental Health



### Quote of the Day

*A Dream written down  
with a date becomes  
A Goal.*

*A Goal broken down  
into steps becomes  
A Plan.*

*A Plan backed by action  
makes your  
Dreams come true.*



- Greg Reid



# FOMO vs JOMO STOP COMPARING

# Be Contented

## SYMPTOMS OF FOMO

FOMO is a feeling of anxiety or insecurity over the possibility of missing out on something.



- 

Always on The Phone
- 

Never Say "NO"
- 

Uncomfortable being Home Alone
- 


Take Pictures of Everything
- 

Worry About being Left Out
- 

Overly Full Social Schedule

## JOMO

(noun)  
Joy of Missing Out. Feeling content with staying in and disconnecting as a form of self-care.



## HOW TO FIND Happiness With JOMO

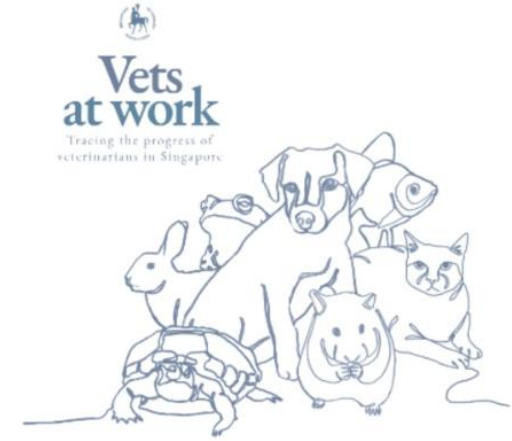
The Joy of Missing Out

MINDJOURNAL

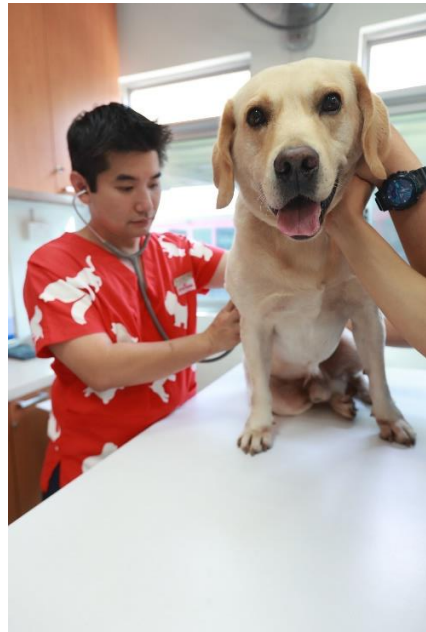
Vector Art at Vecteezy







<https://sva.org.sg/news/vetsatwork>



Thanks for having me here!