

Are you or your team members feeling...

Hungry/Thirsty

Anxious/Angry

Late/Lonely

Tired



Adapted from materials developed by
Guy's and St Thomas' NHS Foundation Trust



Think HALT

Take a STEP



Adapted from materials developed by
Guy's and St Thomas' NHS Foundation Trust



S top - HALT, pause and 'check-in'

T ake a break - if it is safe to do so

E mpathise - with yourself and others

P lan ahead - work as a team



Adapted from materials developed by
Guy's and St Thomas' NHS Foundation Trust



The VetLed HALT Campaign

The VetLed HALT campaign champions safe, efficient and effective veterinary care.

It serves as a simple tool that places the spotlight on some of the physical and mental elements commonly affecting wellbeing and performance.



Adapted from materials developed by
Guy's and St Thomas' NHS Foundation Trust



The VetLed HALT Campaign

Find out more at
www.vetled.co.uk



Adapted from materials developed by
Guy's and St Thomas' NHS Foundation Trust

