

Why Is My Cat Hiding?

Family Matters

Cats are masters of hiding.

Sometimes they're hiding because they're playing.

Sometimes they're enjoying a peaceful nap.

But sometimes, hiding is their way of telling us that something isn't quite right.

At Amity, we believe one of the most important things a cat guardian can learn is this:

Cats are incredibly good at hiding illness.

Our purpose is to **Empower You Through Education**, helping you recognise the subtle signs that your cat may need help before a small problem becomes a much bigger one.

Hiding Is Normal... Until It Isn't

Every cat enjoys having a safe place to retreat.

A cardboard box.

The top of a wardrobe.

Under the bed.

These are all perfectly normal hiding places.

The important question isn't "**Is my cat hiding?**"

It's "**Is my cat hiding more than usual?**"

You know your cat better than anyone else.

If their behaviour has changed, it's worth paying attention.

Why Do Cats Hide?

Cats usually hide for one of four reasons:

- They feel frightened.

- They feel stressed.
- They feel unwell.
- They're in pain.

Unlike people, cats rarely complain when something hurts. In the wild, showing weakness made animals vulnerable, so cats evolved to disguise signs of illness remarkably well.

Even our much-loved house cats still have this instinct today.

What Else Should You Look For?

If your cat is hiding more than usual, ask yourself whether you've noticed any other changes.

For example:

- Eating less.
- Drinking more or less than usual.
- Sleeping more.
- Losing weight.
- Being quieter than normal.
- Avoiding interaction.
- Changes in grooming.
- Vomiting or diarrhoea.
- Changes in litter tray habits.

Often it's the combination of several small changes that tells us something isn't right.

Stress Can Affect Cats Too

Not every hiding cat is physically ill.

Cats are creatures of habit, and even small changes can make them anxious.

Moving house.

A new baby.

Visitors.

Building work.

A new pet.

Changes to their routine.

Providing quiet spaces, maintaining familiar routines and allowing your cat to adjust at their own pace can make a significant difference.

Don't Wait Too Long

One of the biggest mistakes cat owners make is waiting to see if things improve.

Because cats hide illness so well, by the time obvious signs develop, they may already be quite unwell.

If your cat has suddenly started hiding, especially if they're eating less or behaving differently, it's always worth arranging a veterinary examination.

Early diagnosis often means simpler treatment and better outcomes.

Trust Your Instincts

Many guardians tell us,

"She's just not herself."

Those words are often one of the most valuable pieces of information we receive.

You may not know exactly what's wrong.

You don't have to.

That's our job.

At Amity, **Amity Essential Membership includes unlimited health checks**, so if something doesn't feel right, we'd much rather examine your cat early than have you worrying at home.

Because your cat has been communicating with you all along.

The challenge is learning to recognise what they're saying.

Because they're not just your cat.

They're family.

Family Matters.

If you need more information, book an appointment with an Amity vet. We're here to Empower You Through Education and help you become your pet's greatest advocate.