



INVITATION

Webinar on **suicide awareness and prevention** in the Canadian veterinary profession: Take a moment and change a life



By the end of the webinar, participants will be able to:

1. Recognize signs and symptoms of suicidal thoughts in oneself and others
2. Ask someone with signs if they are thinking of suicide
3. Connect persons with thoughts of suicide to community resources for safety.

This is the first webinar in a series of activities to support the Canadian Veterinary Medical Association-Merck Animal Health awareness campaign It's Time to Talk about Mental Health in Vet Med. More information about the campaign including checklists on mental health, suicide, burnout and mental health resources are available at <https://www.canadianveterinarians.net/mental-health-awareness-week>. A recording will be available post-webinar on the same link.

Sept. 10th, 2019
12 to 1pm EST & 6 to 7pm EST



CANADIAN VETERINARY
MEDICAL ASSOCIATION
L'ASSOCIATION CANADIENNE
DES MÉDECINS VÉTÉRINAIRES



MERCK
Animal Health



INVITATION

There are important reasons to start talking about suicide in the veterinary profession. While one in five Canadian veterinarians and technologists have reported having thoughts of suicide most will be cautious about talking to a co-worker, friend or family member about their thoughts, let alone seek professional help. And while some members of the veterinary profession may not have thoughts of suicide, it is likely that they know someone who does or has suicided. Although thoughts of suicide can't necessarily be prevented, acts of suicide can be prevented. We need many eyes and ears on the ground in veterinary work environments to watch out for one another and connect those with thoughts of suicide to safety so we don't lose any more veterinary colleagues to suicide.



Speaker: Dr. Kathy Keil. Kathy Keil, DVM, BA Psych MA Psych, is a technical services veterinarian at Merck Animal Health Canada in Calgary, Alberta, Canada. She earned her DVM from University of Guelph in Ontario, Canada, and her BA and MA in Psychology from University of Western Ontario. Dr. Keil has training in Mental Health First Aid, safeTALK suicide awareness, ASIST suicide intervention, mindful-stress reduction and self-compassion, and is licensed to teach safeTALK suicide awareness. She is a member of the Alberta Veterinary Medical Association member wellness committee and leads the Canadian Veterinary Medical Association-Merck Animal Health awareness campaign It's Time to Talk about Mental Health in Vet Med.

Webinar #1: 12-1pm EST

Join online conference here
Meeting number: 740 937 717

Join by phone:
8444012619 (Toll Free)
Access code: 740 937 717

Webinar #2 6-7 pm EST

Join online conference here
Meeting number: 747 535 999

Join by phone :
8444012619 (Toll Free)
Access code: 747 535 999



CANADIAN VETERINARY
MEDICAL ASSOCIATION
L'ASSOCIATION CANADIENNE
DES MÉDECINS VÉTÉRAIRES



MERCK
Animal Health