



Mental Health and Wellness Resources

A CVMA study conducted in 2012 determined that just over 50% of Canadian veterinarians who participated in the study had suffered from burnout, and 19% of respondents had, at some point, considered committing suicide.

Mental health and wellness is recognized as a topic that needs to be addressed within the veterinary profession.

The following list is meant to provide resources, information, and support to BC veterinarians.

Homewood Health Employee and Family Assistance Program

Distress phone line available 24/7 to all British Columbia veterinarians.

1-800-663-1144

1-888-384-1152 (TTY)

www.homewoodhealth.com

Canadian Association for Suicide Prevention

BC wide contact number:

1-800-784-2433

BC Mental Health Support:

604-310-6789

Greater Vancouver Area local crisis centre:

604-310-6789

Sunshine Coast/Sea to Sky Crisis

Centre: **1-866-661-3311**

www.suicidprevention.ca/in-crisis-now/

Canadian Mental Health Association, BC Division

CMHA BC provides online services, phone support services, and educational course about mental wellbeing and addiction recovery. **604-688-3234**

1-800-555-8222 (BC toll free)

<http://www.cmha.bc.ca>

TED Talks about Mental Health

A collection of 5 playlists about mental health, self care, suicide, depression, and individual tales about overcoming mental illnesses.

<http://www.ted.com/topics/mental+health>

Vets 4 Vets Group

CVMA-SBCV Chapter members can access this resource with and without VIN membership. Vets 4 Vets is a VIN Foundation initiative to help all veterinarians in need of support both on an individual basis and via group support networks.

vets4vets@vinfoundation.org

Vets In Recovery

CVMA-SBCV Chapter members can access this resource with and without VIN membership. Vets 4 Vets is a VIN Foundation initiative to help all veterinarians recover from addictions via online support and weekly group telephone meetings.

vets4vets@vinfoundation.org

Pets Plus Us: The Social Side of Practice

Veterinary Wellness CE Modules (4) led by Debbie Stoewen DVM, MSW, RSW, PhD with a focus on communication, compassion fatigue, compassion satisfaction, and risk factors for suicide among veterinary professionals.

1-800-700-3391

care@petsplusus.com

<https://www.petsplusus.com/pet-health/social-side-of-practice>

Mood Disorders Association of British Columbia

The BC Resources guide compiled by the MDABC provides a comprehensive list of mental health resources available to British Columbia residents with URL, email, and telephone (including TTY) contact information.

<http://www.mdabc.net/bc-resources>

CVMA Group Insurance Program ACUMIN™ Employee Referral Service

Service available to insured employees under the CVMA/TotalGuard Employee Benefits Plan with employee assistance program added benefit. Group insurance and certificate numbers required when you call.

1-877-922-8646

CVMA Group Insurance Program ARIVE™ Employee Assistance Program

Service available to insured employees under the CVMA/TotalGuard Employee Benefits Plan with group LTD added coverage. Group insurance and certificate numbers required when you call. **1-877-412-7483**