



CANADIAN VETERINARY
MEDICAL ASSOCIATION
L'ASSOCIATION CANADIENNE
DES MÉDECINS VÉTÉRINAIRES

Veterinarian Health and Wellness Helplines and Support Services Available

The Canadian Veterinary Medical Association is committed to supporting the well-being of veterinarians. Below is a listing of crisis centres, resources and support services available across Canada.

If you are in a crisis situation now, call your local emergency service or 9-1-1.

PROVINCE/ TERRITORY	RESOURCES / SUPPORT	REMARKS
National	<p>Canadian Association for Suicide Prevention www.suicideprevention.ca/in-crisis-now/</p> <p>CVMA Group Insurance Program ACUMIN™ Employee Referral Service 1.877.922.8646</p> <p>CVMA Group Insurance Program ARIVE™ Employee Assistance Program 1.877.412.7483</p>	<p>Listing of crisis centres and phone service across Canada, by province.</p> <p>Service available to insured employees under the <i>CVMA/TotalGuard</i> Employee Benefits Plan with group LTD added coverage. Group insurance and certificate numbers required when you call.</p> <p>Service available to insured employees under the <i>CVMA/TotalGuard</i> Employee Benefits Plan with employee assistance program added benefit. Group insurance and certificate numbers required when you call.</p>
British Columbia	<p>Employee and Family Assistance Program (Homewood Health) 1.800.663.1144 1.888.384.1152 (TTY) www.homewoodhealth.com</p> <p>Canadian Association for Suicide Prevention 1.800.784.2433 (province-wide for BC) www.suicideprevention.ca/in-crisis-now/</p>	<p>Service available 24/7 to veterinarians registered with the College of Veterinarians of British Columbia.</p> <p>Distress phone service</p>
Alberta	<p>ABVMA Professional Wellness Program 1.888.399.9876 or 780.435.5908</p>	<p>Service available to registered members of the Alberta Veterinary Medical Association.</p>
Saskatchewan	<p>Professional Psychologists & Counsellors (PPC) 1.306.664.0000 or 1.888.425.7721 (call for appointment) www.peopleproblems.ca</p>	<p>Service available to all active general, life practicing and educational SVMA members (must have been licensed for 6 months). Four hours of complimentary services annually. Your license number is required.</p>
Manitoba	<p>Employee and Family Assistance Program (Homewood Health) 1.800.663.1144 1.888.384.1152 (TTY) www.homewoodhealth.com</p>	<p>Service available 24/7 to veterinarians registered with the Manitoba Veterinary Medical Association.</p>

<p>Ontario</p>	<p>Professionals Health Program 1.800.851.6606 (Ontario only) www.phpoma.org</p> <p>Employee and Family Assistance Program (WorkHealthLife by Shepell) 1.800.387-4765 www.workhealthlife.com</p> <p>Distress Centres Ontario www.dcontario.org/centres.html</p>	<p>Service available to veterinarians registered with the College of Veterinarians of Ontario. Helpline Mon-Fri, 8:45 am – 5pm</p> <p>Service available 24/7 to OVMA members and their family.</p> <p>List of regional distress centres and helplines.</p>
<p>Québec</p>	<p>Suicide Action Montréal 514.723.4000 www.suicideactionmontreal.org</p> <p>Les Déprimés Anonymes 514.278.2130 www.deprimesanonymes.org</p> <p>Centre de prévention du suicide de Québec 1.866.277-3553 (province-wide for QC) www.cpsquebec.ca</p> <p>Tel-Aide 514.935.1101 www.telaide.org</p>	<p>Helpline from 8am – midnight, 7 days/week.</p>
<p>New-Brunswick</p>	<p>Clinic of Applied Psychology 1.506.858.9180</p> <p>www.cpamoncton.ca (French) www.capmoncton.ca (English)</p>	<p>Service available to veterinarians registered with the New-Brunswick Veterinary Medical Association.</p> <p>Three complimentary sessions with a psychologist (confidential). Bilingual appointments available in Moncton or with one of their partners across the province.</p>
<p>Nova Scotia</p>	<p>Nova Scotia Professional Support Program 902.468-8215</p>	<p>Service available to veterinarians registered with the Nova Scotia Veterinary Medical Association.</p>
<p>Prince Edward Island</p>	<p>Canadian Association for Suicide Prevention 1.800.218-2885 (province-wide PEI)</p>	
<p>Newfoundland and Labrador</p>	<p>Mental Health Crisis Centre (NL) 1-888-737-4668</p>	
<p>Northwest Territories / Nunavut / Yukon</p>	<p>Canadian Association for Suicide Prevention Northwest Territories 1.800.661.0844 (NWT) www.nwthelpline.ca</p> <p>Nunavut / Nunavik 1.800.265.3333</p>	<p>Helpline from 7pm-11pm (Mountain Standard Time) 7 days/week</p> <p>Helpline from 7pm-11pm (Eastern Standard Time) 7 days/week</p>

If you come across incorrect or incomplete information, please advise the Canadian Veterinary Medical Association (admin@cvma-acmv.org or 1.800.567.2862) so that we may update this information.

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