



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) 1 800 663-1142 1 888 384-1152 www.homewoodhealth.com</p> <p>Crisis Line Association of British Columbia 1 800-SUICIDE 310-6789 for mental health support https://www.crisislines.bc.ca/</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 Member Assistance Program Homewood Health 1 800 663-1142, TTY; 1 888 384-1152, International (call collect): 1 604 689-1717 www.homewoodhealth.com</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 or book online) office@peopleproblems.ca 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>
Ontario	<p>Professionals Health Program 1 800 851.6606 (Ontario only)</p>	<p>Service available to veterinarians registered with the College of Veterinarians of Ontario.</p>

	<p>https://cvo.org/For-Licensed-Members/Professionals-Health-Program.aspx</p> <p>Employee and Family Assistance Program (WorkHealthLife) 1 844 880-9137 www.workhealthlife.com</p> <p>Distress Centres Ontario www.dcontario.org/centres.html</p>	<p>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>
Québec	<p>Suicide Action Montréal 1 866 277-3553 www.suicideactionmontreal.org</p> <p>écoute entraide 1 844 294-2130 http://www.ecoute-entraide.org/deprimes-anonymes/</p> <p>Centre de prévention du suicide de Québec 1 866-APPELLE (province-wide for QC) www.cpsquebec.ca</p> <p>Tel-Aide 1 514 935-1101 www.telaide.org</p>	<p>Helpline from 8am – midnight, 7 days/week.</p>
New-Brunswick	<p>Clinic of Applied Psychology 1 506 858-9180</p> <p>www.cpamoncton.ca/fr (French) www.capmoncton.ca (English)</p>	<p>Service available to veterinarians registered with the New-Brunswick Veterinary Medical Association. Three complimentary sessions with a psychologist (confidential). Bilingual appointments available in Moncton or with one of their partners across the province.</p>
Nova Scotia	<p>Nova Scotia Professional Support Program 1 800 563-3427</p>	<p>Service available to veterinarians registered with the Nova Scotia Veterinary Medical Association.</p>
Prince Edward Island	<p>Canadian Association for Suicide Prevention 1 800 218-2885 (province-wide PEI)</p>	
Newfoundland and Labrador	<p>Mental Health Crisis Centre (NL) 1 888 737-4668</p>	
Northwest Territories / Nunavut / Yukon	<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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