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.suicideprevention.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

**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