WHO YA’ GONNA’ CALL?

MENTAL HEALTH RESOURCE LIST

As such, the checklists will focus on anxiety disorders, mood disorders including major depression and bipolar disorder, substance-related disorders and psychotic disorders, with the intent to help recognition of self and others.

Actively listen, affirm and paraphrase what you are hearing them say, and decide:

If this is an emergency, call 911 immediately or go to local emergency department.

Call the direct suicide support line at 1-833-456-4566 or text 45645 if you or another person is in crisis and suicidal.

This is available for anyone (not veterinary specific) in Canada. This is a crisis line for immediate help. It connects people to their local crisis centre. List of all crisis centres available at www.suicideprevention.ca.

Veterinary Provincial Employee Family Assistance Plan (EFAP) Providers—Check with your association to ensure you have the most up-to-date information. As of June 25, 2019 the information is as follows:

British Columbia, Alberta, and Manitoba
Veterinary Medical Associations EFAP Provider is Homewood Health
• 1-800-663-1142. Press (1) for immediate crisis support, offered 24/7.
• homeweb.ca

Saskatchewan
Veterinary Medical Association EFAP Provider is Professional Psychologists and Counsellors (PPC)
• 1-306-664-0000 or 1-888-425-7721
• office@peopleproblems.ca
• peopleproblems.ca
• Service available to all active general, practicing, and educational SVMA members (must have been licenced for six months).
• Four hours of complimentary services annually.
• Your licence number is required.
This list was written by Dr. Kathy Keil. Dr. Keil studied cognitive and neuropsychology in her undergraduate and graduate psychology degrees prior to attending veterinary school. She is not a licenced psychologist. She has training in Mental Health First Aid, safeTALK suicide awareness, ASIST suicide intervention, and is licenced to teach safeTALK. She regularly teaches suicide awareness and basic intervention skills to veterinary professionals and ways for them to take care of their own mental well-being. She is a member of the ABVMA Member Wellness Committee and a technical services veterinarian with Merck Animal Health. She is the leading force behind the Merck-CVMA “It’s Time to Talk about Mental Health in Vet Med” Awareness Campaign.

The CVMA also has a list of support services categorized per province: canadianveterinarians.net/documents/resources/vet-health-wellness-helplines-support-services

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Ontario
Veterinary Medical Association EFAP Provider is WorkHealthLife
- 1-844-880-9137
- Professionals Health Program: 1-800-851-6606 (available to veterinarians registered with College of Veterinarians of Ontario only).

Quebec
AMVQ Association EFAP Provider is Morneau Shepell
- 1-800-361-2433
- travailevantievie.com

New Brunswick
Veterinary Medical Association EFAP Provider is Clinic of Applied Psychology
- 1-506-858-9180
- cpamoncton.ca/fr (French)
- cpamoncton.ca/en/ (English)
- 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.

Nova Scotia
Veterinary Medical Association EFAP Provider is the Professional Support Program
- 1-800-563-3427
- Service available to veterinarians registered with the Nova Scotia Veterinary Medical Association.

Prince Edward Island
has no provincial EFAP Provider.
- Direct suicide support: 1-800-218-2885

Newfoundland and Labrador
has no provincial EFAP Provider.
- Mental Health Crisis Centre (NL): 1-888-737-4668

Northwest Territories/Nunavut/Yukon
has no EFAP Provider.
- Canadian association for suicide prevention NWT: 1-800-661-0844
- nwthelpline.ca
- Nunavut/Nunavik: 1-800-265-3333