

# MENTAL HEALTH RESOURCES

## Resources for People in the Veterinary Field:

### Not One More Vet

- [Peer to Peer Support](#)
  - Forums — Online peer to peer support
  - Lifeboat — An anonymous, peer-to-peer, chat-based support platform for members of the veterinary community
  - Veterinary Mental Health Support — Free, confidential, virtual short term support groups or one-on-one sessions for people in the veterinary field led by psychologists
- [Support & Emergency Grant](#)
  - Helps applicants meet their basic needs to improve mental health outcomes for veterinary professionals and clinics to remain open during natural disasters
- [CLEAR Blueprint for clinics](#)
  - The program aims to inspire a mentally healthy culture within the veterinary profession and energize compassionate transformation of workplaces with actionable resources
- Check out [NOMV's list of additional resources](#)

### VETS4VETS

- One on one peer support with a veterinarian and mental health supporter
- Online weekly meeting group & other support groups catering to specific needs such as vets in recovery, support staff etc facilitated by veterinarians and trained support professionals

### Veterinary Hope Foundation

- [Virtual support groups](#) for six weeks facilitated by mental health experts

### American Veterinary Medical Association

- Resources on cyberbullying, online reputation management as well as workplace wellness programs and crisis hotlines.

### Project Sticker

- Stickwithus.vet has an extensive list of resources for vets, practices and general mental health

## Substance Abuse Resources:

- [Start your recovery](#) — Resources for substance use issues
- [SAMHSA Treatment Referral Hotline \(Substance Abuse\)](#)
  - 1-800-662-HELP (4357)

## Crisis & Suicide Prevention Resources:

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- 24/7 Crisis Hotline: Call 988, or text/chat [988lifeline.org](https://988lifeline.org)
- [Crisis Text Line](#)
  - Text TALK to 741-741 to text with a trained crisis counselor from the Crisis Text Line for free, 24/7
- [Mental Health America](#)
- [Foundation for Suicide Prevention](#)
- Suicide Prevention — [Know The Signs](#)

**Pet Loss — These resources can help pet parents grieve and ease the emotional burden on veterinary professionals**

### [Association for Pet Loss and Bereavement](#)

- [Chat room](#) — trained volunteer Pet Loss Grief Specialists (PLGS) are available to support you
- [Video support groups](#) — online group video sessions hosted by a pet loss grief specialists
- [A list of pet loss counselors & specialists](#) in 7 different countries
- They also offer pet memorials, walk you through the euthanasia process, recommended reading as well as many other resources

### [Wolfie's Wish](#)

- They offer a virtual support group, grief courses, a list of pet loss professionals, grieving cards and more

**Let us know if we're missing any resources!**

**Contact me at [grace.galletti@gmail.com](mailto:grace.galletti@gmail.com)**