



## 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.

**1-800-663-1142**

**1-888-384-1152 (TTY)**

[www.homewoodhealth.com](http://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/](http://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](mailto: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](mailto: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](mailto:care@petsplusus.com)

<https://www.petsplusus.com/pet-health/social-side-of-practice>

### 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**