

# 1 IN 6 VETERINARIANS CONSIDERS SUICIDE



We create lifelines so not one more vet suffers in silence

**VETERINARIAN OR SUPPORT STAFF? JOIN OUR FREE COMMUNITIES.**

[facebook.com/groups/NOMVet/](https://facebook.com/groups/NOMVet/)

[facebook.com/groups/NOMVSupportStaff/](https://facebook.com/groups/NOMVSupportStaff/)

[facebook.com/NOMVStudentSupportPage/](https://facebook.com/NOMVStudentSupportPage/)

**National Suicide Prevention Lifeline 1-800-273-TALK (8255)**

# Veterinary professionals are experiencing a mental health crisis.

Our jobs are beyond hard physically, emotionally and financially.

Between long hours, crushing student debt, and the occasional (physical and online) attack by grieving pet owners, it's no wonder that our suicide rates are up to 5x that of the general public.

## HOW WE HELP:

- **Peer-to-peer support.** 60+ trained volunteers of vet professionals helping vet professionals process what happens on the job.
- **Wellness education.** From lectures, workshops and trainings, we teach crisis intervention, emotional resilience and mindfulness.
- **Free and low cost mental health services.** Assistance in finding and obtaining mental health care through online or in-person services.
- **Financial support.** Even a little bit of grant money can make a huge difference in the lives of overtaxed vet professionals.

**In 2019 NOMV gave away \$20K+ in grants and funding to vet professionals**

**YOU CAN HELP US HELP MORE VETERINARY PROFESSIONALS BY DONATING TODAY.**

[www.nomv.org](http://www.nomv.org)

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