

# Mental Health Resources for Veterinarians

## Hotlines and Text Services

- *Suicide Prevention Lifeline: 988 or 800-273-8255 (TALK)*
- *National Domestic Violence: 800-799-SAFE*
- *RAINN Rape, Abuse, and Incest National Network: 1-800-656-4673*
- *Trevor Project hotline (LGBTQ+): 866-488-7386*
- *LGBT+ National Hotline: 888-843-4564*
- *TransLifeline: 877-565-8860*
- *Crisis Text Line: Text HELLO to 741741*
- *Steve Fund text line: STEVE to 741741 to connect with a crisis counselor of color*
- *Trevor Project text line: Text START to 678678 for LGBTQ+ support*
- *National Suicide Prevention Lifeline CHAT service <https://chat.988lifeline.org/>*
- *To find providers visit: <https://www.nami.org/findsupport/> or <https://mhanational.org/finding-help/>*

## Online resources

Not One More Vet <https://nomv.org/>

Veterinary Hope Foundation supports groups <https://veterinaryhope.org/support-groups/>

AVMA <https://myvetlife.avma.org/new-veterinarian/your-wellbeing>

Canadian Veterinarians <https://www.canadianveterinarians.net/veterinary-resources/veterinary-health-and-wellness-resources/togetherall/>

NY State Veterinary Medical Society <https://nysvms.org/wellbeing-2/>

Georgia VMA <https://gvma.net/veterinary-wellness/>

Maryland VMA <https://www.mdvma.org/wellness>

American Association of Swine Veterinarians <https://www.aasv.org/veterinarian-wellbeing/>

American Association of Equine Practitioners <https://aaep.org/guidelines-resources/veterinarian-resources/wellness/>

*Books on mental health and well-being*

Meditations on Farming by Michael Rosmann

Mental Wellbeing and Positive Psychology for Veterinary Professionals: A pre-emptive, Proactive and Solution-based Approach by Laura Woodward

*QPR and other mental health training*

[QPR \(Question, Persuade, Refer\) - AgriSafe Network](#)

[QPR \(Question, Persuade, Refer\) Suicide Prevention Training | SAMHSA](#)

<https://learning.agrisafe.org/products/nfshw25-changing-our-mental-and-emotional-trajectory-comet-community-training>

[WeCOPE – Wisconsin AHEC – UW–Madison](#)