Canadian Veterinary Medical Association
Association canadienne des médecins vétérinaires

The Working Mind
For Veterinary Medicine

You Are Not Alone

A mental health and well-being resource guide to support The Working Mind in Veterinary Medicine

Mental health is an ongoing journey. This curated collection of resources helps you build on what you learned in The Working Mind for Veterinary Medicine, with trusted supports for workplace mental health and well-being, including accommodation and policy resources, crisis supports, counselling, peer support, and practical tools for every stage of your career.

Mental health supports
Access confidential support and resources to support your well-being.

Peer support
Connect with veterinary peers who understand the unique challenges of the profession.

Suicide prevention, intervention and postvention
Resources to prevent suicide, support those in crisis and help with postvention.

Psychological health and safety
Tools and guidance to create workplaces where people feel safe to speak openly without judgment.

Return to work and accommodation
Information to support accommodation needs and successful return to work.

Workplace policies
Templates and guidance for workplace mental health policies and procedures.

Recovery and addiction
Resources and support for substance use concerns and recovery.

Post-traumatic stress injury
Information and supports for managing trauma and fostering recovery.

Peer support training
Training and resources to build peer support skills in veterinary workplaces.

Cyberbullying and crisis communication
Guidance and resources to prevent and respond to online harm.

Supporting diverse experiences and identities
Resources to help build inclusive, equitable and supportive veterinary teams and communities.

Courses and resources to help practise the Big 4 coping strategies
Tools and learning opportunities to strengthen recognition, response, respect and resilience.

Veterinary Profession Supports, Crisis Resources, and Workplace Psychological Safety and Well-being Tools

Mental health supports

CVMA Customized Health and Dental Insurance Program
CVMA Health and Dental Plans including Counselling
CVMA VetConnect - Counsellors and Coaches
CVMA Who Ya'Gonna Call
Hope for Wellness Suicide and Mental Health Helpline
Kids Help Phone
Medaca Health Group - Psychiatrist Access

Peer support

Togetherall Peer Support Platform and Training

Suicide prevention, intervention and postvention

988 Materials
ASIST Suicide Training
ASK online training
Befrienders Worldwide
CALM Course (Counselling on Access to Lethal Means)
CVMA Postvention Resources
CVMA Suicide Prevention Resources
First, Do No Harm: Veterinary Workplace Response to Suicide CVMA Webinar with Dr. Marie Holowaychuk
LivingWorks Start
Mental Health First Aid (MHFA) Training
safeTALK Suicide Training
Suicide Crisis Helpline

Psychological health and safety

Courageous Conversations about Changes in Mental Health
National Standard for Psychological Health and Safety
Personal Pledges
Psychological Health and Safety Training Courses
Safe Language Guides
Team Check-Ins
Team Pledges
Veterinary Visionaries Guidelines

Return to work and accommodation

Accommodation Planning for Leaders
Canadian Centre for Occupational Health and Safety - Return to Work & Accommodation
Canadian Human Rights Commission
Managers' Guide to Workplace Accommodation
Requesting Accommodation
Returning to Veterinary Practice After Parental Leave
Veterinary-Specific Accommodation Resources

Workplace policies

Canadian Centre for Occupational Health and Safety - Workplace Policies
Veterinary Hospital Managers Association (VHMA)
Workplace Strategies for Mental Health

Recovery and addiction

Alcoholics Anonymous
CAMH Addiction Resources
Credit Counselling Canada
Gamblers Anonymous
Narcotics Anonymous
Recovery-Oriented Practice Guidelines
Substance Use Service and Resource Directory

Cyberbullying and crisis communication

CVMA Cyberbullying Hotline

Supporting diverse experiences and identities

4 Seasons of Reconciliation Truth and Reconciliation Program
Affinity Futures
Canadian Menopause Society
Neurodiversity Resources - Vetlife
Pregnancy & Postpartum Veterinary Considerations for the Veterinary Team
Rick Hansen Foundation

Courses and resources to practise the Big 4 coping strategies

Breathing Square