Thinking About Mental Health Training?



1 ***MYTH***
Strong veterinary professionals should handle stress and mental health on their own.

"This course opened my eyes to the stigma surrounding mental health in our profession and gave me tools to help change it."
-Past Participant

Everyone needs support sometimes, and strong doesn't mean stretched. Reaching out early can help prevent stress from becoming overwhelming.

2 ***MYTH***
I don't have time,
I already know this stuff.

"[This course] helps to reinforce that now is the time to look after yourself, don't wait until you break." -Past Participant

In just a few hours, gain practical skills, veterinary-specific tools, and CE hours while learning how to better support yourself, colleagues, and your team.

3 ***MYTH***
I can't afford another course.

Petsecure sponsorship helps make this training significantly more affordable. CVMA members receive a discount, and promotional codes are available through Petsecure.

4 ***MYTH***
I'll be expected to deal with crises.

"The Mental Health Continuum stood out for its practical examples, clear language, and ease of use in everyday situations." -Past Participant

You're not becoming a therapist or crisis responder. You're learning how to notice, listen, support, and connect people to help.

The Working Mind for Veterinary Medicine is an **OPENING MINDS** program in partnership with:

Canadian Veterinary Medical Association

Association canadienne des médecins vétérinaires

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