



Veterinary Mental Health, Support, and Resiliency Group



Who Is This Group For?

Veterinarians suffer from high rates of burnout, compassion fatigue, anxiety, and depression due to the frequently stressful and traumatic nature of their work.

Despite all they do for the community, mental health resources are difficult to access.

What to Expect

Our group provides an empathetic and supportive space to understand how your peers are persisting through similar challenges, with an emphasis on processing stress and grief, learning effective coping skills, implementing a healthier work-life balance, and renewing a love for veterinary medicine.

Our group will address participants' individual concerns in the context of a shared experience that helps to foster wellbeing and resilience in this career.

Commitment

Veterinarians will participate in a virtual hour-long session each week for 10 consecutive weeks.

These sessions will be facilitated by kind clinical psychologists with specialties in grief and loss, career development, and trauma.

5-10 veterinarians per session.

The group is completely free to attend.

For More Information

Please email Dr. Katie Lawlor at klawlor@shanti.org.

Learn more about our lead clinical psychologists at www.shanti.org/veterinarysupport.

Learn more about Shanti Project and Pets Are Wonderful Support (PAWS) at www.shanti.org.