



What if I am not a veterinarian?

Support4Support was created by the VIN Foundation specifically for the veterinary support team-member. This confidential group is led by VSPN Director Charlotte Waack. VSPN Moderators provide peer-support based upon their own experiences in the veterinary profession, covering a wide range of issues. From shelter and hospital management, to the newest members of a veterinary support team, Support4Support helps with interpersonal challenges, family challenges, compassion fatigue, and more.



Vets4Vets team members are available to provide you with peer support. If you, or someone you know needs help, please reach out Vets4Vets@VINFoundation.org

Vets4Vets

*Colleagues helping colleagues...
with more than medicine*



Because you aren't alone.

VINFoundation.org/V4V

Who Helps The Healer?

Veterinary medicine is a demanding job, and veterinarians face a variety of challenges sometimes only another colleague can understand.

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Vets4Vets and the VIN Foundation cushioned my own fall after a particularly difficult start at my first clinic out of school.

Petra Kos, DVM



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Vets4Vets

What is Vets4Vets?

Vets4Vets is a group of veterinarians and mental health professionals dedicated to providing confidential outreach and support for veterinarians in all areas of the profession.

Vets4Vets offers remote mentoring, job shadowing opportunities, and other kinds of support tailored to your needs. Sometimes, just getting to talk with other people who have faced similar challenges can be helpful.

Vets4Vets is FREE for all veterinarians in all stages of their careers. While there are some programs which are run through Veterinary Information Network (VIN), you do not have to be a VIN member to get support from Vets4Vets.

Who can benefit from Vets4Vets?

- Vet students that are having a hard time fitting in or getting through school
- New grads having a rough time with a new job (interpersonal issues, figuring out how to work with a challenging boss, colleague, work-political situation, or other uncomfortable match)
- Interns that matched into a difficult situation
- Associates that are having difficulties with bosses/support staff/ family challenges
- Colleagues dealing with compassion fatigue/burn out

...well...pretty much anything and everything that veterinarians go through!

Mentor Matching

The majority of Vets4Vets members participate in our Mentor Matching program- we can usually find a mentor match for folks in any stage of their career. The matching process starts with a call to Vets4Vets for a phone consultation with the team leader, or an email can be sent with some details about your specific information. The Vets4Vets team leader uses the information to find your best suited mentor to run cases with, discuss challenges with, etc.

Online Meetings

This weekly self help group provides a safe space for veterinarians to discuss personal and professional challenges with peers. To foster a sense of community among participants, the group is limited to no more than 12 members (and will be run as a "private" group meaning that members are added individually). The group is for support only and is not a substitute for professional psychotherapy.

CancerVets

Started at the request of multiple colleagues, CancerVets is a confidential support group for veterinarians dealing with any form of cancer diagnosis, in any stage. This is shepherded by a small team of volunteers who have experience with the delicate balancing act required when a veterinarian is diagnosed with cancer. CancerVets provides a safe place for veterinarians to support each other as they work through their diagnoses. This program is not a substitute for proper medical care and psychotherapy, it is a forum for colleagues supporting colleagues.



What if I am struggling with addiction or health challenges?

Vets in Recovery

Vets in Recovery is a private group of supportive veterinary professionals recovering from all forms of addiction. The combination of weekly telephone meetings and secure online support offers ongoing help whenever needed.

BRIDGE, FULCRUM, TUNNEL

BRIDGE and FULCRUM are confidential online peer support groups for graduate veterinarians with health issues (mental or physical) that affect their ability to work. TUNNEL is a confidential online peer support group for currently enrolled veterinary students with mental or physical health issues.