



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 or text (530) 601-2133

Vets4Vets®

Confidential mental wellness support for every stage of your veterinary career.

Colleagues helping colleagues... with more than medicine.



Because you aren't alone.

VINFoundation.org/V4V



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VINFoundation.org

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

Vets4Vets®

What is Vets4Vets®?

Vets4Vets® is a confidential mental wellness peer support group for veterinary professionals. The Vets4Vets® team is made up of dedicated veterinarians, veterinary professionals, and mental health professionals.

Vets4Vets® offers one-on-one peer support including remote mentoring, mentor matching, along with groups specifically focused on individual areas of need including CancerVets, NeuroDivergent Vets & Veterinary Professionals, and Vets & Veterinary Professionals in Recovery. Sometimes, having the opportunity to talk with **other people who have faced similar challenges** can be helpful.

Vets4Vets® is FREE thanks to individual donors and grants.

Who can benefit from Vets4Vets®?

- Veterinary students who are having a hard time fitting in or getting through school
 - New veterinary 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 matched into a difficult situation
 - Associates who are experiencing difficulties with bosses/support staff/ family challenges
 - Colleagues dealing with compassion fatigue/burnout
- ...well...pretty much anything and everything veterinarians go through!

Mentor Matching

Thanks to a deep bench of veterinarians eager to help, Vets4Vets® 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 the 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.



Vets and Veterinary Professionals in Recovery

These confidential support groups help veterinarians and veterinary professionals who are seeking recovery from any form of substance or behavioral addiction. These groups provide a safe place for veterinary colleagues to support each other as they work through their recovery process. These programs are not a substitute for proper medical care and psychotherapy, they are a forum for colleagues supporting colleagues. Vets in Recovery (VIR) is specifically for veterinarians, while Veterinary Professionals in Recovery (VPIR) is open to all veterinary professionals

NeuroDivergent Vets and Veterinary Professionals

Confidential groups for veterinarians and veterinary professionals whose brains function in ways that may be dissimilar to the general population. The concept of neurodivergence, or neurodiversity, recognizes that both brain function and behavioral traits are simply indicators of our diverse human population. NeuroDivergent Vets (NDV) is specifically for veterinarians, while NeuroDivergent Veterinary Professionals (NDVP) is open to all veterinary professionals.