



# VETS4VETS<sup>®</sup>

Confidential wellness support for the veterinary profession + it's FREE

## How Vets4Vets<sup>®</sup> Works



### STEP ONE

Connect with Vets4Vets<sup>®</sup> thru QR code



### STEP TWO

Have a one-on-one private session with a veterinarian & trained wellness supporter



### STEP THREE

Receive customized peer support and/or referral guidance



[VINFoundation.org/V4V](https://VINFoundation.org/V4V)

# CONFIDENTIAL SUPPORT



These groups are facilitated by veterinarians and trained support professionals and offer a peer supportive community for veterinary students, veterinarians, and veterinary professionals to share their experiences, receive emotional support, and gain insights on how to navigate difficult situations.

## Peer-to-Peer

One-on-one with a veterinarian & mental health supporter who provides wellness assistance based on individual needs.

## Online Group

This weekly self-help group provides a safe space for to discuss personal & professional challenges with peers.

## Vets in Recovery Recovering Veterinary Professionals

Veterinarians (VIR) & veterinary professionals (RVP) who are seeking recovery from any form of substance or behavioral addiction.

## NeuroDivergent Vets Veterinary Professionals

Veterinarians (NDV) and veterinary professionals (NDVP) whose brains function in ways that may be dissimilar to the general population.

## Cancer Vets

Support group for veterinarians dealing with any form of cancer diagnosis, in any stage.

## Team Trauma Triage

Specialist support when your hospital team experiences a traumatic event. Customized trauma support based on needs.

## Support4Support

Specifically for the veterinary support team-member. Support with interpersonal challenges, family challenges, compassion fatigue, and more.

## Additional support

Vets4Vets® has access to a deep bench of additional programs and tools to support you from veterinary school through retirement.