

ATTENTION EASAV Members!

Did you know that EASAV now has an EASAV Member Peer Support Group meeting every month?

The group meets on the second Wednesday of each month at the WDDC from 7 - 9 pm
Next Meeting date is this Wednesday, May 8!

Q: Who are these meetings for?

A: For EASAV member veterinarians who are searching for peer support with issues such as:
stress
work-life balance
work challenges
personal problems
communication issues, etc.

Do you have a question for one of our facilitators? Contact them confidentially at easavpeers@gmail.com.

One of this program's basic principles is that of confidentiality. Meetings will be kept confidential; those present will be asked not to disclose to

anyone whom we see or what we hear while at the meetings.

Each session will be co-facilitated by 1-2 long-time EASAV members, Drs. Martin Schiebel and/or Nancy Bruyere and/or Smokey Walters, our Executive Assistant.

We are not licensed counsellors and are not trained to give guidance on personal, social or psychological problems; we are veterinarians helping veterinarians and we look forward to helping our fellow members!

Not an EASAV member, but seeking support? If you are a veterinarian registered with the AbVMA, we welcome you to purchase a membership with us so that you can attend our meetings! Please contact our Executive Assistant, Smokey at info@easav.ca or call

(780)970-3728 if you have any questions.

If you not a registered veterinarian and are looking for mental health support, please see below for a list of Mental Health Resources available to AbVMA members and residents of Alberta.



EASAV

EA\$AV

Connecting veterinary professionals with resources in the community

Mental Health Hotline Alberta – mymentalhealth.ca – 1-877-303-264

Alberta Health Services Crisis/Distress Hotline

- Edmonton: 1-780-342-7777
- Calgary: 403-266-1605
- Anyone in Alberta can call either number. When you or someone you know needs to talk to a mental health therapist (i.e.: distress, talking about self harm, harm to others, suicidal thoughts/words)

211 – 24 hr support to provide resources to help with a stressful situation before it escalates into a crisis.

- Dial 2-1-1 anytime, 24 hrs/day, 7 days/week.
- If calling from outside the 211 service areas (areas listed at http://www.ab.211.ca/communities_served), dial either
- - Edmonton: 780-482-4636
- - Calgary: 403-264-3388
- Online Chat available from 12 – 8pm MT daily

List of Crisis centres in Alberta

- <http://www.crisisservicescanada.ca/en/need-help/looking-for-local-resources-support/>

Alberta Health Services Health Link

- 1-866-408-5465
- talk to a nurse about a mental health or physical concern in person.
- 24 hrs/day, 7 days/week
- live person answers this phone

Alberta Mental Health Intake

- 1-780-342-7600
- to book a mental health assessment with an expert; recorded message only
- There is no live person who answers this phone

Mental Health Resources for livestock producers in Canada - domore.ag

AbVMA Members

Homewood Health

- for AbVMA member mental health support
- call 1-800-663-1142 or visit homewoodhealth.com