Your mental well-being is a priority

The Iowa Veterinary Medical Association Wellness program is intended to assist licensed veterinarians, veterinary staff and veterinary students who are coping with addiction, compassion fatigue, depression, stress and work-life balance.

Here is a list of local and national agencies to contact if you or someone you know needs help or just needs to talk.

~ Iowa Department of Public Health & Substance Abuse **855-581-8111**

~ Iowa Help Line provides the support and services to help people live a happy and healthy life **1-855-800-1239**

~ Iowa Department of Public Health **1-800-273-TALK**

~ Iowa State University Counseling Services **515-294-5056**

~ National Suicide Prevention Lifeline **1-800-273-8255**

~ National Alliance on Mental Illness Iowa **515-254-0417**

~ 2-1-1 Get Connected is a free & confidential service that helps people across the U.S. find the local resources they need **211**

When "I" is replaced by "We" even illness becomes wellness

STOP THE STIGMA. SUPPORT MENTAL HEALTH AWARENESS.

The IVMA is here for you feel free to talk to us at 800-369-9564.
All inquiries are strictly confidential. The members of the IVMA Wellness Committee do not provide counseling or treatment.