

Resources for Animal Caregivers, Workers, and Activists

Books:

To Save a Starfish: A Compassion Fatigue Workbook for the Animal Welfare Warrior by Jennifer Blough, LPC

The Compassion Fatigue Workbook: Creative Tools for Transforming Compassion Fatigue and Vicarious Traumatization by Francoise Mathieu

Compassion Fatigue in the Animal Care Community by Charles Figley and Rober Roop

When Helping Hurts: Compassion Fatigue in the Veterinary Profession by Dr. Kathleen Ayl

My End of the Leash: Compassion Fatigue from a Pet Sitter's Perspective

Podcasts:

The Compassion Fatigue Podcast by Jennifer Blough, LPC (thecompassionfatiguepodcast.com)

Online Support Groups:

Wrong Side of the Rainbow Discussion Group (Facebook)

Compassion Fatigue in Animal Shelter/Rescue Workers (Facebook)

Animal Activist Online Support Group (Facebook)

Compassion Fatigue in Animal Welfare (LinkedIn)

Mental Health Resources:

Animal Activist Support Line: 800-705-0425 or activistsupport@idausa.org
Free and confidential support via phone, text, or email.

Vegan-therapist.com (Vegan and vegetarian therapist directory)

Psychologytoday.com (General therapist directory)

Goodtherapy.org (General therapist directory)

Theravive.com (General therapist directory)

Openpathcollective.org (Therapist directory for low-income or uninsured clients)

National Suicide Prevention Lifeline: 800-273-8255