



Missouri Veterinary Medical Association

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Dear MVMA Membership,

When we find ourselves in challenging times like this I like to remember that veterinarians are among the smartest, most creative and resourceful people in the world. These times will push many of us, and many people will look to us for our extensive leadership capabilities.

We at the MVMA know you are concerned: about your practices, about protecting your staff, about your financial wellbeing, and all that this means for us. Know that you are not alone. In addition to the obvious stress that this Pandemic brings, it will also place many of us under increasing mental and emotional pressure.

We would like to share with you the currently available resources for veterinarians, practice management, practice staff, producers, and their families to help us manage our stress and weather the storm.

Missouri Crisis Hotline: 573-445-5035 or TEXT HAND to 839863

National Suicide Prevention Hotline: 1-800-273-8255

National Suicide Prevention TEXT Line: Text HOME to 741741

National Alliance on Mental Illness: www.nami.org

On line Peer to peer support for VETERINARIANS ONLY: <https://www.facebook.com/groups/NOMVet>

On line Peer to peer support for ALL Veterinary Support Staff Only: <https://www.facebook.com/groups/NOMVSupportStaff>

BetterHelp has offered 1 month of FREE on line professional counseling to any veterinary professional: <https://www.betterhelp.com/nomv/>

The Disaster Distress Helpline: 1-800-985-5990 (immediate crisis counseling)

Behavioral Health Crisis hotline (Now called Access Crisis Intervention Line) : <https://dmh.mo.gov/mental-illness/program-services/behavioral-health-crisis-hotline>.

For more information about COVID-19 [CLICK HERE](#)

Please share these resources with your staff, colleagues, and family.

While we cannot know for certain what this will look like, we will get through this together.

Sincerely,

Abby Whiting, DVM

4/28/2020

<https://www.movma.org/admin/email/view.aspx?jobId=4074604>

MVMA Wellbeing Task Force Chair.

MVMA Power of 10 Chair

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