Who helps the healer? Veterinary medicine is a demanding field and support staff face a variety of challenges that sometimes only another colleague can understand.

Support4Support was created by the VIN Foundation to help veterinary support staff going through challenging times. Modeled from the VIN Foundation's veterinary support group Vets4Vets, Support4Support is a group of veterinary technicians dedicated to providing confidential outreach and support for veterinary staff-ers.

Support4Support meets in a private area on VIN to discuss a variety of issues that veterinary support staff may find themselves facing, including: finding themselves in situations such as difficulties with bosses, co-workers and family members, aging out of the profession, physical issues that arise from the job, dealing with compassion fatigue or burn out, and students or new grads coping with financial issues and time management.

Support4Support also offers one-on-one remote mentoring and other kinds of support tailored to you or your staff member's needs. Sometimes, just getting to talk with other people who have faced similar challenges can be helpful.

To learn more about Support4Support, please contact Charlotte Waack (co-founder) at Charlotte@vspn.org.