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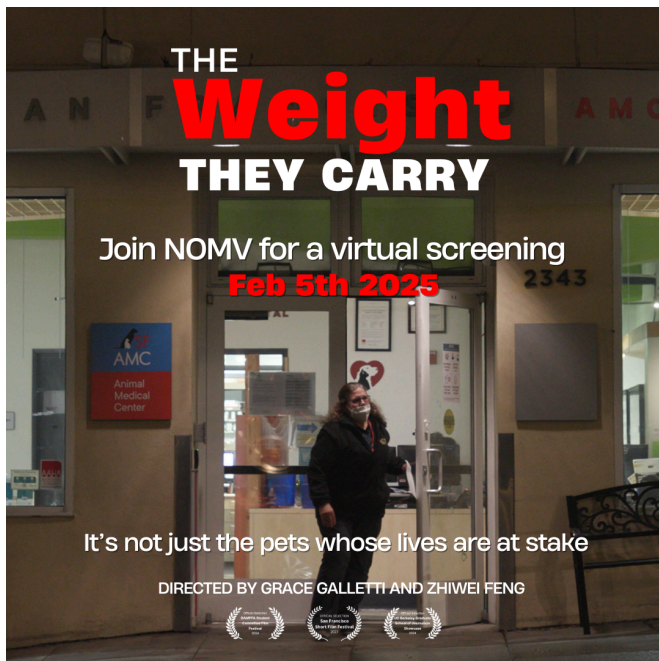
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NEWSLETTER JANUARY 2025



Join NOMV's virtual screening of the 11 minute film *The Weight They Carry* and a panel discussion afterwards about mental health in the vet field and what we can do about it. Free RACE CE for Vets and Vet Techs

The panel will include film participant and veterinarian Dr. Kathy Gervais, NOMV director of VMHS, Dr. Katie Lawlor, film director Grace Galletti and NOMV director of outreach, Danny Rosenmund, moderated by Gigi Tsontos, NOMV executive director.

*The Weight They Carry* explores the nationwide mental health crisis that veterinarians are experiencing. Through the eyes of compassionate and seasoned vet, Kathy Gervais, the film brings viewers into the heart of a busy veterinarian practice where life and death decisions are made constantly. Although as Kathy shows us, it's not just our furry friends whose lives are at stake.

[Register Here for the Screening](#) by February 1, 2025



## Veterinary Professionals & Veterinary Medical Students



Let NOMV's CLEAR Blueprint help! CLEAR Blueprint, a practice certification program by NOMV is designed to foster mentally healthy work environments in the veterinary field. Developed by a diverse team of

veterinary, mental health, legal, and business professionals, the program offers actionable resources to inspire positive change. It's scalable and adaptable for any veterinary workplace, promoting a culture of compassionate care and well-being. Workplaces interested in becoming CLEAR Blueprint Certified can sign up on our [web portal!](#)

## CALL TO ACTION: 2025 Share Well-Being Resources

NOMV has curated a wealth of resources specifically designed to support your mental health and well-being. These resources are here to help you navigate the unique challenges you face in your profession. **By sharing these invaluable tools with your colleagues and networks, you can ensure that no one has to struggle alone.** Let's spread the word and provide the support that every veterinary professional deserves. And Follow NOMV on [Bluesky](#)

# January is Self Love Month!

As we embrace Self Love Month, it's the perfect time to reflect on the importance of holistic well-being. For veterinary professionals, managing stress and maintaining mental health are vital to providing the best care for their patients. NOMV has developed a fantastic [mindfulness resource](#) that can help you achieve a balanced and healthy life.



## News & Resources

### New Article by the American Veterinary Medical Association

Veterinary professionals often face challenging situations that can escalate quickly. The AVMA hosted a few of NOMV's VMHS team members for a discussion on techniques and strategies to de-escalate violence in veterinary clinics, offering valuable guidance from psychologists. These practical tips can help create a safer, more supportive environment for both staff and clients. Check out the article and visit [NOMV.org](https://nomv.org) for information on our [#VMHS](#) [#CLEARBlueprint](#) programming

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## Get ready to this May with NOMV’s Race Around the World ‘25

Whether you're an avid runner, a casual walker, or someone looking to support an incredible cause, this event is for you. This annual fundraiser invites participants from all corners of the globe to fundraise and promote mental wellness within the veterinary community. Join us this May! Interested in sponsoring email [donations@nomv.org](mailto:donations@nomv.org)

Participants sign up online and then track their activities throughout the month. Participants also raise money through their personal fundraising page!

[Learn More](#)



**Volunteer  
at  
NOMV**

Make 2025 the year of giving back! Veterinary professionals face unique and often overwhelming challenges in their line of work. By volunteering your time and skills, you can help create a supportive community for those who care for our beloved pets.

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## Take a Veterinary Well-Being Survey

The University of North Carolina, Charlotte is offering a survey to study how personal resources can positively or negatively influence burnout and well-being in emotional labor careers, specifically the veterinary and veterinary technician careers.

Share the survey on social media!

Every survey completed will bring a \$1 donation to NOMV.

## If you need to talk, the 988 Lifeline is here.

[Call, Text, Chat, Def/HOH](#)

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