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NEWSLETTER SEPTEMBER 2024

September is Suicide Prevention Month!

The following is adapted from SAMHSA's website

"How to Talk to Someone About Getting Help"

- Ask open ended questions
- Be supportive
- Show you're listening
- Bring it all together

SUICIDE WARNING SIGNS FOR *Adults*

Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

#SUICIDEPREVENTIONMONTH | #SPM24

SAMHSA



There is still time to join NOMV in Chicago! 2024 marks a decade of NOMV's work to elevate wellbeing in the veterinary industry. Join us at our annual Mini-Conference and Gala to celebrate our progress and look to the future. For more, registration and sponsorship information, please [click here](#).



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VMHS provides individual meetings and educational sessions twice a month. Check our calendar for specific dates. Sign up via email at vmhs@nomv.org.

Experienced Veterinarians Group

Wednesday, October 2nd

6pm PT / 9pm ET

Facilitator:

Dr. Jane Jenkins

Skill-Building Workshop

open to all vet med professionals

30 minute webinars

1st Fridays 9am PT/12pm ET

3rd Wednesdays 12pm PT/ 3pm ET

**WORKPLACE POLICIES AND PRACTICES:
NEW CDC GUIDELINES**

This week the CDC released [guidelines](#) on how to improve well being among healthcare workers noting that the most effective approach is to address workplace policies and practices. The CDC promotes systemic change focusing on the hospital system over the individual. The first of those actions is to conduct a review of the operations to determine how well they support professional wellbeing.

NOMV's [CLEAR Blueprint Clinic Certification](#) provides that tool! The program, developed by an interdisciplinary team of veterinary professionals, mental health professionals, and legal and business experts, starts by assessing each clinic from the staff's own perspective. Once a clinic has been assessed, they are provided with a guided explanation of the assessment results, educational materials, resources, and the CLEAR Blueprint team's support. CLEAR helps to empower clinics to make meaningful and impactful changes at a systemic level to better support their employees' wellbeing. [Contact us](#) for more information!

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