



News

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Connecticut Suicide Advisory Board and Connecticut Veterinary Medical Association Partner to Raise Awareness of Mental Health Supports and Express Gratitude to Veterinary Professionals

Hartford, CT – In honor of National Veterinary Appreciation Day (April 24) and National Mental Health Month (May), the Connecticut Suicide Advisory Board (CTSAB) and the Connecticut Veterinary Medical Association (CVMA) are collaborating to raise awareness of mental health supports for veterinarians and veterinary team members and promote a statewide “Thank You” campaign to express gratitude for their service.

Studies show evidence of elevated psychological distress among veterinarians, with increased levels of anxiety, depressive symptoms, suicidal thoughts, and suicide risk. Since 2018, the CTSAB has supported the CVMA’s Wellness Committee to increase awareness and resources related to suicide prevention and mental health promotion for veterinarians and their staff.

“Nothing is more important to veterinarians than our relationships with our pet patients and their parents. Hearing from people who have had a positive experience at our practice is incredibly meaningful and always appreciated. Kind words can help to balance the emotionally challenging parts of our jobs,” said Dr. Kimberly Brinton, CVMA President.

Raising awareness of mental health resources for those in the veterinary field can make a difference. “Now more than ever, as the pandemic continues, it is important for individuals to know that mental health treatment is available,” stated Connecticut Department of Mental Health and Addiction Services (DMHAS) Commissioner Miriam Delphin-Rittmon. “One such resource is the CTSAB, whose sole mission is to reduce suicide in Connecticut. The CTSAB supports the veterinary community through evidence-based practice promotion that can help reduce lives lost to suicide.”

Expressing gratitude to your veterinarian and their teams for their service and contributions can go a long way in supporting their mental health, and even potentially help to save lives. As such, the CTSAB and CVMA are inviting the public to write a brief “Thank You” note to their veterinarians, which can be submitted online through the CVMA website (www.ctvet.org), or by using this [Google Form](#). Thank you notes will be forwarded from the CVMA to the appropriate veterinary practice.

If you or someone you know is in crisis, call 1(800) 273-TALK (8255) or 2-1-1 in Connecticut, or text CT to 741741. In an emergency, call or text 911. Please visit www.preventsuicidect.org for more information on suicide prevention in Connecticut.

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