



Since 1863, the American Veterinary Medical Association has served as the nation's leading advocate for the veterinary profession. We are a diverse and passionate group of professionals, representing more than 95,000 members, all striving to improve the health and wellbeing of animals, humans and the environment we share.

Through our ongoing commitment to wellbeing in the veterinary and healthcare professions, the AVMA engages in collaborative, multi-disciplinary approaches that combine micro, mezzo, and macro level strategies in wellbeing research, education, and practice. Wellbeing initiatives are integrated in the pillars of our strategic plan. Key highlights, include:

### **Enhance Lifelong Learning & Professional Development**

- Promoting the health and wellbeing of veterinary professionals, teams, and organizations in nine dimensions of wellbeing: emotional, occupational, social, financial, intellectual, spiritual, physical, creative and intellectual.
- Preventing suicide in the profession by offering free online QPR suicide prevention training for members, and in-person suicide prevention training at state and national seminars and workshops for individuals, teams, and organizations.
- Transforming learning into actionable steps through a growing library of convenient, easy-to-use veterinary CE courses, including the AVMA Workplace Wellbeing Certificate Program. This program is designed to support individuals, teams and organizations in applying consistent, intentional, healthy habits in the workplace and developing the knowledge and skills needed to create and maintain cultures of wellbeing.
- Implementing learner-centered, applied skills seminars, workshops, and conferences, to promote system transformation and behavioral skill set development, and support veterinary professional wellbeing prior to program matriculation, and throughout the career lifespan.

### **Leverage Relationships & World-Class Advocacy Efforts**

- Partnering with the Royal College of Veterinary Surgeons and Mind Matters Initiatives with a three-pronged approach for addressing mental health and wellbeing in the veterinary profession:
  - **Prevent:** addressing the systemic issues that lead to poor levels of mental health, including the risk of suicide, and sub-optimal wellbeing across the veterinary team; researching the issues and developing and advocating policies and interventions that are supportive of positive mental health and wellbeing.
  - **Protect:** providing and promoting the skills and knowledge required by individuals and organizations to increase levels of wellbeing and improve mental health in veterinary medicine; making such interventions evidence-based and widely accessible.

- **Support:** ensuring suitable expert support is available to veterinary professionals and students who need it, provided in a confidential and safe environment, and accessible without fear of judgement.