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CVMA Recognizes World Suicide Prevention Day on Saturday, September 10th *Chicago Veterinary Medical Association recognizes veterinarians as particularly vulnerable*

Since 2003, World Suicide Prevention Day (WSPD), which was established by the International Association for Suicide Prevention, has been recognized around the world on September 10th. The Chicago Veterinary Medical Association (CVMA) wishes to bring awareness of this global commitment to preventing suicides and providing people with the resources to cope with this ongoing public health crisis.

According to the World Health Organization (WHO), which endorses WSPD, an estimated 700,000 people die annually due to suicide. There are still many more individuals who attempt suicide or experience suicidal ideation.

Although it is not widely known, due to the stresses of the job, the veterinary profession has one of the highest suicide rates compared to many other industries or career paths. According to the Centers for Disease Control (CDC), female veterinarians are 3.5 times as likely with male veterinarians being 2.1 times as likely to die from suicide compared to the general population.

“CVMA recognizes the commitment and exceptional work accomplished by veterinarians, vet techs and others in the industry,” said Dr. Kirsten Plomin, CVMA Board President. “However, as an association that supports these professionals, we’re constantly challenged with identifying meaningful ways of providing resources to support their need to practice self-care and seek work-life balance to effectively cope with the stresses they encounter on a daily basis.”

“We are not only heavily invested in our CVMA members, but in the profession as a whole,” explained Ray McGury, CVMA Executive Director. “The men and women in our profession sacrifice so much to keep our pets

healthy and doing so often takes a toll. We are dedicated to showing our vets the same kind of care and compassion that they give to our pets and families.”

Resources for helping shine a light on WSPD can be found at www.iasp.info, including activities to get involved with, ways to show your support via social media and more. Additionally, crisis-related information and assistance for those struggling and in need of support also is available on the IASP’s website.

If you or someone you know is struggling with thoughts of suicide, please call the National Suicide Prevention Lifeline at 800-273-8255.

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About the Chicago Veterinary Medical Association: Chicago Veterinary Medical Association is a professional network with a longstanding tradition that connects more than 1,000 veterinarians with comprehensive resources that support their continued development as champions of animal health while encouraging the fostering of the human-animal bond.

About the Chicago Veterinary Medical Foundation: The CVMF, established in 2009, is a 501[©]3 charity that works with Chicagoland veterinarians to provide financial assistance to pet families in need by helping with the costs of their pet’s urgent, unexpected medical and surgical bills. The Foundation’s work plays a vital role in strengthening the human-animal bond by helping sick and suffering pets get well again.