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CVMA Recognizes World Mental Health Day on October 10th

Chicago Veterinary Medical Association acknowledges vulnerability of veterinary profession

On Monday, October 10th World Mental Health Day will turn thirty; it was created and first recognized in 1992 at the World Federation for Mental Health – a worldwide mental health organization representing more than 150 countries. Since then, on this day, supporters and mental health advocates come together across the globe to raise awareness of the importance of mental health, help combat the stigma of mental illness and provide education about its far-reaching impacts. This year's World Mental Health Week runs from October 10-14.

The theme for 2022 is, "Make Mental Health & Well-Being for All a Global Priority."

The Chicago Veterinary Medical Association (CVMA) acknowledges the importance of shining a spotlight on the critical issue of mental health as mental illness impacts people across all ages and backgrounds. Additionally, the veterinary profession is plagued by significant stress and that can challenge one's mental health if the issues aren't addressed properly and promptly. This is particularly concerning since the veterinary profession has one of the highest suicide rates compared to many other industries or career paths. The past two-and-a-half years have only complicated matters.

According to the World Health Organization (WHO), "The COVID-19 pandemic has created a global crisis for mental health, fueling short- and long-term stresses and undermining the mental health of millions. Estimates put the rise in both anxiety and depressive disorders at more than 25% during the first year of the pandemic. At the same time, mental health services have been severely disrupted and the treatment gap for mental health conditions has widened."

“CVMA wants to remind its members and broader veterinary community that we provide a variety of resources to support veterinarians in the Chicagoland area,” explained Dr. Kirsten Plomin, CVMA Board President. “Veterinarians, technicians, and staff give so much to the pets and families they serve, which leaves them particularly vulnerable to mental health concerns. We strive to provide the help they need to cope with the ups and downs of their role.”

For additional information on World Mental Health Day, visit the World Health Organization website at www.who.int or the Crisis Text Line website at www.crisistextline.org.

If you are experiencing a crisis and need to talk to someone, contact the Crisis Text Line by texting HOME to 741741 to reach a crisis counselor. Additionally, If you or someone you know is struggling with thoughts of suicide, please call the National Suicide Prevention Lifeline at 800-273-8255.

“There are so many excellent resources available for people struggling with mental health issues,” said Ray McGury, CVMA Executive Director. “The one piece of advice I would give is, please don’t wait to talk to someone about your struggles. Whether it’s a family member, friend, coworker, or mental health professional, there are people willing to listen and get you the help you need to feel better.”

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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^c3 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.