

# Veterinary Medicine Mental Health Support Groups

## Veterinarians:

- [Veterinary Mental Health Initiative](#) with Dr. Katie Lawlor ([klawlor@shanti.org](mailto:klawlor@shanti.org))
  - Free and confidential; virtual; usually 1 hour
- [Vets4Vets](#) with Dr. Bree Montana ([bree@vinfoundation.org](mailto:bree@vinfoundation.org))
  - 530-794-8094 or [Vets7Vets@VINFoundation.org](mailto:Vets7Vets@VINFoundation.org)
  - Free; no VIN membership required; vet students also welcome

## Vet Techs/Nurses:

- [Support4Support](#) with Charlotte Ward Waack, CVT, RVT ([charlotte@vspn.org](mailto:charlotte@vspn.org))
  - [Support4Support@VINFoundation.org](mailto:Support4Support@VINFoundation.org)
  - Free; no VIN membership required
- [Veterinary Mental Health Initiative](#) with Dr. Katie Lawlor ([klawlor@shanti.org](mailto:klawlor@shanti.org))
  - Free and confidential; virtual; usually 1 hour