

# MSU-CVM SAVMA WELLNESS



## Resources

Mississippi State University's Student Chapter of the American Veterinary Medical Association wellness links and information resource for all members.

### AVMA

<https://myvetlife.avma.org/current-student/your-wellbeing>

Take the Wellbeing Assessment and get trained to identify and refer at-risk peers.

### ZOETIS/VETVANCE

<https://www.vetvance.com/>

Complete the wellness modules located under the course section on the VetVance site. Also, be sure to click the additional resources tab in each module.

### THE VET GAZETTE

<http://thevetgazette.com/main/category/wellness-spotlight>

Check out the Wellness Spotlight portion of the SAVMA blog that features tons of great stories of veterinary related wellness topics

### NATIONAL SUICIDE PREVENTION HELPLINE

Call 1-800-273-8255 or text HOME to the crisis text line at 741741

### VET SCHOOL UNLEASHED: DISSECTING THE DVM PODCAST

<http://www.vetschoolunleashed.com/>

Listen to this podcast in your free time that provides a candid and collaborative commentary on topics, issues and insight on life in veterinary school.



### Mississippi State University

<https://www.health.msstate.edu/>

Link to the resources available locally for health and wellness on campus.



### DVM 360 News

<http://veterinarynews.dvm360.com/mental-and-emotional-health-resource-list-veterinary-teams>

Need help with your burden – or know someone that does? Start with this list.

### Try out these apps!



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