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## *Local (non-veterinary specific) Resources*

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- [www.hcbmhas.org/resources](http://www.hcbmhas.org/resources)
- [www.hcbmhas.org/fw](http://www.hcbmhas.org/fw) (resources specific to frontline workers)
- Huron County Crisis Hotline (24/7): 800-826-1306
- Integrated Therapeutic Healing
  - Holistic Physical Therapy and Wellness practice based out of Huron
  - Offers yoga and workplace wellness (on site)
  - <https://ithteam.com/>
- Haven Hypnosis and Wellness
  - Offers guided meditation, Reiki and other complementary care services to improve overall wellness
  - <https://havenhypnosisandwellness.com/>

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## *Veterinary specific resources*

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- Ohio Veterinary Medical Association Health and Wellbeing
  - <https://www.ohiovma.org/veterinarians/resources/wellness.html>
- Not One More Vet
  - <https://www.nomv.org/>
- Veterinary Social Work Helpline
  - 865-755-8839
- Veterinarian Helpline
  - 530-794-8094
- Support staff help
  - [support4support@VINFoundation.org](mailto:support4support@VINFoundation.org)
- Vets4Vets
  - <https://vinfoundation.org/resources/vets4vets/>
- Compassion Fatigue in the Animal Care Community
  - [https://www.researchgate.net/publication/281525622\\_Compassion\\_Fatigue\\_in\\_the\\_Animal-Care\\_Community](https://www.researchgate.net/publication/281525622_Compassion_Fatigue_in_the_Animal-Care_Community)
- Veterinary Mental Health Initiative
  - Email Dr. Katie Lawlor at [klawlor@shanti.org](mailto:klawlor@shanti.org)
- APLB Association for Pet Loss and Bereavement support group for veterinarians
  - 3<sup>rd</sup> Wednesday of the month from 6:30 – 8:30pm EST
  - <https://www.aplb.org/veterinary-support-group/>

- Veterinary Hope Foundation Support Group
  - <https://veterinaryhope.org/support-groups/>
- AVMA resources
  - <https://www.avma.org/resources-tools/wellbeing>
- NATVA wellness initiative
  - <https://navta.net/wellness/>
- Ohio Veterinary Wellness contacts:
  - Ohio Physicians Health Program  
130 E. Chestnut Street  
Ste. 400  
Columbus, OH 43215  
Ph: 614-841-9690  
Fax: 614-469-9580  
Email: info@ophp.org
  - Ohio Veterinary Medical Association Wellness Committee:  
Dr. Tim Kolb, Chair  
1071 Old Henderson Road  
Columbus, OH 43220  
Ofc: 614-451-4772  
Email: tkolbdvm@msn.com
  - Ohio VMA  
1472 Manning Parkway  
Powell, OH 43065  
Ph: 614-436-1300  
Toll-free: 800-662-6862  
Fax: 614-436-1301  
Email: ohiovma@ohiovma.org

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### ***Pet Loss Support Groups***

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**Please note that dates and times of support group meetings often change without notice. Be sure to visit the website and/or contact the organization in advance to confirm meeting times and locations.**

**GAP (Grief About Pets) (Virtual)** offers a FREE online pet loss group. Faithful Companion sponsors our group, which is offered on the fourth Wednesday of every month at 6:30 p.m. online using Google Meet. If we have over ten pet parents register, we can offer another at 4:30 p.m. Brenda Brown, MA, FT is the facilitator of all the groups. Chanda Joy, Grief Specialist is the co-facilitator. Register by emailing [brenda@griefaboutpets.com](mailto:brenda@griefaboutpets.com) or calling 330-415-

8879. <https://griefaboutpets.com>. The virtual meeting is open to anyone regardless of location.

**Pawsitive Grief Pet Loss Support (Virtual).** Jennifer Allen, Pet Chaplain, Grief and Bereavement Counselor. Jennifer Allen is a life-long Pet Lover and has known loss and grief well. She has turned her grief towards helping others journey through theirs. She is a Grief and Bereavement Counselor, Pet Chaplain, and Pet Loss Specialist. We have FREE Zoom Pet Loss Support Meetings on the 2nd and 4th Tuesdays of each month from 7:00pm-8:30pm. Please contact for a FREE 30 minute Consultation and meeting information. One-on-One Counseling is also available. All are welcome regardless of location. (614) 980-2052. [jennifer@PawsitiveGrief.com](mailto:jennifer@PawsitiveGrief.com), <https://www.pawsitivegrief.com/>

**MedVet Pet Loss Support Group (In Person).** Meets the second Thursday of each month from 6:30 – 8:30pm at MedVet, 2921 Douglass Road, Toledo, Ohio. To reserve your spot in the group, please call 419-518-3603.

**Lap of Love Pet Loss Support Group (Virtual).** The support group provides a safe, compassionate, and empathetic environment for those who want to listen, share, and celebrate the life of their treasured pet with others who are suffering a similar loss. Sessions are available several times throughout the week virtually via Zoom and are led by Lap of Love's dedicated Pet Loss Support team. Anyone who has experienced the death of a pet is welcome to attend. The groups will focus on healthy coping skills, grief reactions, and honoring the lives of your furry family member. If you are struggling with feeling alone in your grief journey, Lap of Love's virtual Pet Loss Support Groups are here to help you. Visit <https://www.lapoflove.com/our-services/pet-loss-support> to sign up.

**Michigan State University Pet Loss Support Group (Virtual).** The Pet Loss Support Group, run by Veterinary Social Work Services at MSU's Veterinary Medical Center, offers a safe place for individuals and families to express their feelings and talk about their experiences. Meets remotely the second and fourth Thursdays of every month from 6:30-7:30 p.m. Does not meet during the fourth weeks of November and December. There is no charge for this service. Open to anyone who has lost a pet—your pet *did not* have to be a patient at MSU's Veterinary Medical Center for you to attend our group. Learn more at <https://cvm.msu.edu/hospital/services/social-work/pet-loss-support-group>

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### ***Pet Loss Helplines/Hotlines***

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- Cornell Pet Loss Support Hotline. Staffed by volunteer veterinary students, the Pet Loss Support Hotline is available Sundays and Tuesdays from 6 – 9pm by calling 607-218-7457.

- Michigan State University College of Veterinary Medicine: Days and hours vary, 517-432-2696
- Tufts University Pet Loss Support Hotline: Monday-Thursday 6-9 p.m. EST, 24-hour voicemail, 508-839-7966
- Chicago Veterinary Medical Association Pet Loss Helpline: Leave a voicemail at 630-325-1600
- University of Illinois: Staffed by veterinary students Sunday, Tuesday, Thursday 7-9 p.m. CT, 877-394-2273
- Chicago Veterinary Medical Association: Staffed by veterinarians and staff members, leave a voicemail at 630-325-1600, calls are returned 7-9 p.m. CT
- University of Pennsylvania: Managed by veterinary students Mondays and Thursdays 6-8 p.m., [visit their website here](#)
- Virginia-Maryland Regional College of Veterinary Medicine: Staffed by members of this college Tuesdays and Thursdays 6-9 p.m. EST, 540-231-8038

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### *Grief Resources*

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- Best Friends Grief Resources: <https://bestfriends.org/pet-care-resources/grieving-loss-pet-resources-coping>
- Cornell University, College of Veterinary Medicine: <https://www.vet.cornell.edu/impact/community-impact/pet-loss-resources-and-support>
- Ohio State University Veterinary Medical Center: <https://vmc.vet.osu.edu/resources/pet-loss-support>
- Association for Pet Loss and Bereavement: <https://www.aplb.org/>