

information pack

2023

vetlife

Support for the
veterinary community

about vetlife

Vetlife is an independent charity offering confidential and free support for everyone in the UK veterinary community including veterinary nurses, students and non-clinical staff.

The charity provides this support through three services; **Vetlife Helpline**, **Vetlife Health Support** and **Vetlife Financial Support**.

You do not need to be a member of Vetlife or any other veterinary organisation to access the support. The Vetlife website is: www.vetlife.org.uk.





helpline

Everyone in the veterinary community is welcome to contact Vetlife Helpline for free, independent and confidential support including veterinary nurses, veterinary students, and non-clinical staff. Helpline volunteers are all from a veterinary background, so have a first-hand understanding of the type of issues affecting the profession, although concerns do not need to be work related. Contacts do not need to be in a crisis to get in touch with Vetlife; it's recommended that those who need to talk reach out do so as soon as possible so help can be provided before issues progress. Vetlife also encourages people to contact Helpline if they are concerned about others.

How to access Vetlife Helpline

Vetlife Helpline is available 24/7/365

Phone: 0303 040 2551

Email: helpline.vetlife.org.uk

Calls and emails are completely confidential, and those who get in touch don't have to use their real names. Emails are anonymous, and a volunteer will reply to contacts within 24 hours.

For those seeking urgent support, speak to the Helpline via phone.



health support

Helpline volunteers can refer those needing further help to the Vetlife Health Support service. The award-winning Health Support is delivered by March on Stress. The team is made up of psychiatrists, mental health nurses, and therapists who have years of experience working in mental health.

Their recommendations and any treatment will be based on what has been proven to be successful, backed up by the latest evidence and research.

Vetlife Health Support can help with a range of mental health difficulties, including stress, anxiety, depression, alcohol and drug misuse, and eating disorders.

How to access Vetlife Health Support

Contact Vetlife Helpline



financial support

Vetlife Financial Support is available for veterinary surgeons, registered veterinary nurses, and their dependants living in the UK. For those facing financial hardship, Vetlife can provide emergency assistance, regular monthly grants, one off gifts, professional advice on State benefits and debt, access to CPD and alms accommodation in Dorset.

Applications are considered in confidence.

Currently, Financial Support is only available to veterinary surgeons, RVNs and their dependants.

Students are not eligible to apply for financial assistance before they have qualified and are RCVS registered, but Vetlife can signpost to other possible sources of help.

How to access Vetlife Financial Support

To apply for Vetlife Financial Support email info@vetlife.org.uk. More information can be found here: www.vetlife.org.uk/vetlife-services-financial-support.

spread awareness about vetlife

Stickers

Display Vetlife Helpline stickers at your workplace or university. The stickers can be ordered via the Vetlife website. It's recommended to stick these on the back of toilet doors, and on controlled drugs cabinets.

Order here: www.vetlife.org.uk/product/vetlife-sticker



Posters

In the Vetlife online shop there are several free downloadable posters, including posters with wellbeing tips, information on Vetlife support services, student posters and more. These can be downloaded, printed and displayed at your workplace or college.

Browse shop: www.vetlife.org.uk/shop



Going home checklist

The Vetlife going home checklist is also available to download for free from the Vetlife shop. The checklist is here to remind the veterinary community to take a moment to reflect before leaving for the day. It's recommended to display this somewhere it will be seen when leaving the building, such as on the back of the exit door.

Download here: www.vetlife.org.uk/product/vetlife-going-home-check-list-pdf-download



resources & support

Resource requests

As a charity, supporting the veterinary community our primary focus is on our operational support services. Where we can, we try to fulfil requests for talks and other resources such as conference sessions, webinars or written resources. If you'd like to request a written resource or a talk, please contact us at info@vetlife.org.uk, and we will be happy to provide you with a resource request form.

Support for students

The charity provides support through Vetlife Helpline and Vetlife Health Support to vet and vet nurse students. Students can find it helpful to talk to someone outside the university or college who can help them to gain some perspective if they are feeling overwhelmed. Although we cannot currently offer financial assistance to students, Vetlife Financial Support can direct you to other sources of support.

Further resources

The Vetlife website has lots of helpful resources and information on subjects including:

Self-care

Advice and information at work

Signs you might be struggling to cope

Vetlife has also produced some useful resources on:

Suicide Postvention

Veterinary professionals and loneliness

Anxiety



how to support vetlife

Become a Friend of Vetlife

Vets and vet nurses who wish to support Vetlife can do so by signing up to become a Friend of Vetlife.

Friends of Vetlife are members of the charity and can stand for election as a Trustee, attend AGMs, elect Trustees, contribute ideas, vote on any major changes to charitable activities, and participate in surveys and focus groups. Member subscriptions help fund charity services and ensure Vetlife can continue to be there for all who need support within the veterinary community.

Sign up [here](#).

Associate membership is available to anyone who is not RCVS registered who is working within the veterinary profession or affiliated in any way with the veterinary profession. Associate members are not able to vote or apply to become trustees.

Donate

Additional funding is vital for Vetlife to continue supporting all those in the veterinary community in need of assistance through its three services.

Donations can be made on the [website](#).

Volunteer

Vetlife is almost entirely managed and run by volunteers. There are three different types of volunteers: Helpline volunteers, Area Representative Volunteers, and Trustees.

Find out more and apply on the website:
www.vetlife.org.uk/volunteer

All office related enquiries can be directed to info@vetlife.org.uk or phone **020 7908 6385**.



fundraising initiatives

Join the challenge and support Vetlife



Whatever your abilities, boost your physical and mental wellbeing this October with an individual or team challenge to get fit, have fun and fundraise for Vetlife. Whether it's walking, running, cycling, horse riding, paddle boarding, rock climbing or yoga – get yourself moving and join in the Active October fun.

Exercise has been shown to boost self-esteem, reduce stress, improve problem solving abilities and increase concentration and creativity. We have all experienced the rush of endorphins and the good feeling that time spent exercising gives us. Yet it tends to be the first thing we put on the back burner when life gets busy. Active October is the perfect opportunity to challenge ourselves and our friends to get out our trainers and make time for our own wellbeing.

Find out more and get involved here:
www.vetlife.org.uk/activeoctober



In 2022 we launched Vetlife Day to celebrate the 30th anniversary of the Vetlife Helpline. To help support our charity, we're asking the veterinary community to dedicate one day a year as their Vetlife Day, team up, have fun and fundraise for Vetlife.

How to hold a Vetlife Day

1. Choose your date

There is no set date for Vetlife Day, so you can choose a day and time that works for you.

2. Pick your Vetlife Day activity

In the past, Vetlife Days have included daredevil activities such as skydiving and taking on the UK's highest abseil, however if you're looking for something less adrenaline fuelled, bake sales, fetes, quizzes and sponsored dog walks have all worked well to raise money and have fun. Don't worry if you're struggling for ideas, we've got plenty! Our digital fundraising pack is filled with inspiration to get you started. Let us know about your Vetlife Day plans by getting in touch at fundraising@vetlife.org.uk.

Find out more and sign up here:
www.vetlife.org.uk/vetlifeday