### **CONTACT US**

We envision a veterinary profession that honors and elevates sustainable wellbeing.

info@nomv.org

@notonemorevet

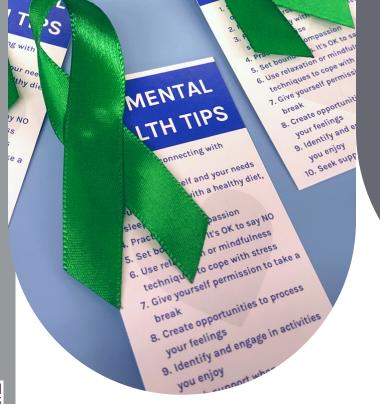
1120 Bird Ave Ste F #233 San Jose, CA 95125

669-237-0403

If you or someone you know needs help, go to nomv.org or use the QR code







#### **MISSION**

NOMV's mission is to transform the status of mental wellness within the profession so veterinary professionals can survive and thrive through education, resources, and support

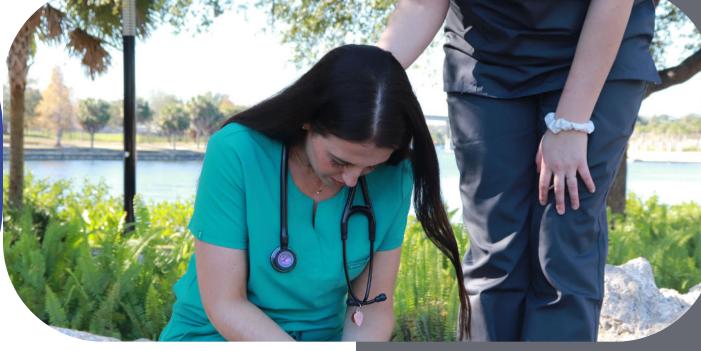
nomv.org

# NOM Elevating Veterinary Wellbeing

# NOT ONE MORE VET







#### PEER SUPPORT

NOMV offers online support via our Facebook forums (Not One More Vet, Not One More Vet Support Staff) and anonymously via Lifeboat.

NOMV also offers in person support via local chapters. This program is continuously growing to expand into new areas.

#### STUDENT SUPPORT & MENTORSHIP

A committee of student leaders and mentors are working to develop a program that supports students and new graduates.

#### **RESOURCES**

NOMV offers financial support and resources to individuals and clinics in need via our Resource Committee.

#### **ADVOCATES**

NOMV Advocates provide quarterly outreach in their local communities and prepare care packages for veterinary professionals experiencing a difficult time.

#### **CLEAR BLUEPRINT**

Inspires a mentally healthy culture within the veterinary profession by energizing compassionate transformation of workplaces with actionable resources.

#### **EDUCATION**

NOMV offers clinics and organizations access to mental health presentations. NOMV is also growing their educational content on the NOMV website.

## **SUPPORT NOMV**

**Donate/Sponsor** nomv.org/invest

**Volunteer** nomv.org/volunteers

**Shop** shop.nomv.org

Race nomv.org/race