



## Employee Resources

At Newberry Animal Hospital we care about your physical and emotional well-being. The work that you do every day can wear on any professional. Below is a list of resources we want to make sure our family @ Newberry Animal Hospital is aware of, and has access to. At any time you can reach out to the resources below and be sure that your conversations are 100% confidential. Please also know that we are available should you need to talk to us.

Resource	Information	About
AVMA	Contact: AVMA - workplace wellbeing	<a href="https://www.avma.org/resources-tools/wellbeing/work-and-compassion-fatigue">https://www.avma.org/resources-tools/wellbeing/work-and-compassion-fatigue</a>
Local Therapist	Contact: 352-378-0900 352-219-9991	Dr. Myrna Neims- Individual counseling, family counseling and couple counseling. Dr. Nancy Filer
Crisis Text Line	Text "HOME" to 741741	This is a support line that is crisis support exclusively through text messaging, 24/7.
National Suicide Prevention Hotline	1-800-273-8255	A 24/7 confidential contact for those that need support in preventing and/or managing a crisis.