

Dr. Clark Gaither, NCPHP Medical Director, spoke on the evening of September 24, 2019 at the NC Veterinary Medical Association meeting in Raleigh. Dr. Gaither shared that veterinarians are dealing with disproportionately high rates of depression and suicide within their profession. NCVMA meeting attendees learned about the warning signs and causes of burnout induced depression and suicide and what to do about them. Self-care was the centerpiece of the talk. NCPHP is dedicated to helping the veterinary medical professionals of NC with issues surrounding burnout, substance use or mental health.

