



 **PURINA**<sup>®</sup>  
**PRO PLAN**<sup>®</sup>

**Welcome**

*Thank  
you*   
VET  
PROFESSIONALS



# Veterinarian crisis

- Mental health, Depression, Burnout and retention difficulties
- Owner profiles and demands are changing
- Poor work/life balance
- AI and access to information

> J Am Vet Med Assoc. 2023 Feb 7;261(5):1-8. doi: 10.2460/javma.22.09.0407. Print 2023 May 1.

Prevalence  
veterinarian

Álvaro  
Francis

> Arch Suicide Res. 2024 Jul 1:1-14. doi: 10.1080/13811118.2024.2363223. Online ahead of print.

**Suicide Risk in Veterinary Professionals in Portugal:  
Prevalence of Psychological Symptoms, Burnout, and  
Compassion Fatigue**



Article  
**Veterinarian—Chasing a Dream Job? A Comparative Survey on  
Wellbeing and Stress Levels among European Veterinarians  
between 2018 and 2023**

Wiebke Jansen <sup>1,\*</sup>, Lizzie Lockett <sup>2</sup>, Tricia Colville <sup>3</sup>, Mette Uldahl <sup>4</sup> and Nancy De Briyne <sup>1,\*</sup>

STRESS FACTORS IN  
sectional study a  
practicing vets in

Viktorija Neubauer # <sup>1 2</sup>, Afsa

Ra  
Aff  
PM

**A cross-national study on mental  
health, psychological distress and  
suicidal ideation among  
veterinarians in multiple  
European countries**

Marietta Máté\*, Claire Helen Várnai and László Ózsvári

Department of Veterinary Forensics and Economics, University of Veterinary Medicine Budapest,  
Budapest, Hungary

**Résultats de l'enquête sur la santé  
psychologique des vétérinaires**

Les résultats du travail de recherche mené par l'Université de Bourgogne Franche-Comté  
sont présentés le 19 mai 2022



**SURVEY OF THE  
VETERINARY  
PROFESSION IN EUROPE**

**2023**

VETSURVEY

# Results

- › More than ¼ of vets with symptoms of burnout or depression in most studies
- › Up to 20% report suicidal ideation in some markets
- › More than 90% of vets report being stressed
- › 23% had to take mental health leave in the past 12 months

Sources: Federation of Veterinarians of Europe. (2023). Survey of the veterinary profession in Europe 2023 (VetSurvey). <https://fve.org> González, Á. S. M., et al (2023). Prevalence of burnout syndrome among veterinarians in Spain. *Journal of the American Veterinary Medical Association*, 261(5), 1-8. Retrieved Mar 1, 2026, from <https://doi.org/10.2460/javma.22.09.0407> Jansen, W., Lockett, L., Colville, T., Uldahl, M., & De Briyne, N. (2024). Veterinarian—chasing a dream job? A comparative survey on wellbeing and stress levels among European veterinarians between 2018 and 2023. *Veterinary Sciences*, 11(1), Article 15. <https://doi.org/10.3390/vetsci11010015> Máté, M., et al (2023). A cross-national study on mental health, psychological distress and suicidal ideation among veterinarians in multiple European countries. Neubauer V, et al (2024) Stress factors in veterinary medicine—a cross-sectional study among veterinary students and practicing vets in Austria. *Front. Vet. Sci.* 11:1389042. doi: 10.3389/fvets.2024.1389042 Peixoto, M. M. (2025). Suicide Risk in Veterinary Professionals in Portugal: Prevalence of Psychological Symptoms, Burnout, and Compassion Fatigue. *Archives of Suicide Research*, 29(2), 439–452. <https://doi.org/10.1080/13811118.2024.2363223> Prato-Previde, E., et al (2024). Willing but Unable: Moral Distress and Burnout in Italian Veterinarians Working with Companion and Farm Animals. *Animals*, 14(24), 3691. <https://doi.org/10.3390/ani14243691> Université de Bourgogne Franche-Comté. (2022, May 18). Résultats de l'enquête sur la santé psychologique des vétérinaires

# Veterinarian crisis

76%

are emotionally overwhelmed by their work once a week or more often.

71%

had considered leaving the profession because of emotional distress.

78%

are looking for support related to mental health or wellbeing.



***Overwhelmed &  
Underappreciated***



**77%**

of consumers claim to give **recognition to their vets** after the appointment

**HOWEVER...**

Vet teams don't feel this appreciation



**BECAUSE...**

**<20%**

of consumers do **something extra** e.g. leave a positive review



They would **appreciate support**, but they want to be **real and meaningful**



**PRO PLAN could help with...**

Help with **mental well being** that cares for the vet community



*\*VHCP = Vet Health Care Professionals*



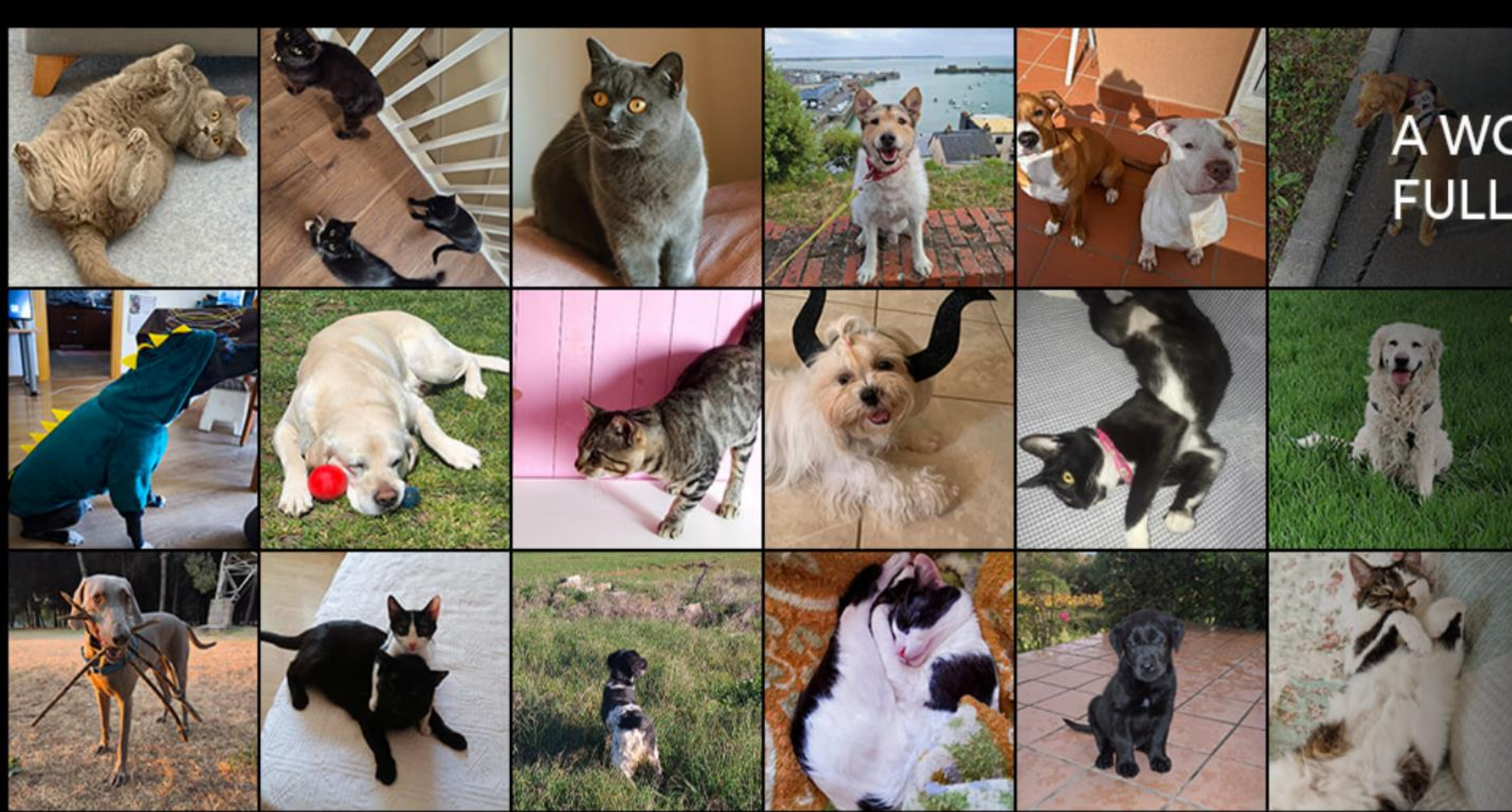
***PRO PLAN's genuine contribution to the vet community***

*Thank you*

**VET PROFESSIONALS**







1

We thank Vet Health Care Professionals for their extraordinary contributions



# Have a look to the thank you!



## Discover the powerful messages of gratitude shared by pet parents



"I would like to thank you for your perseverance and for not giving up when seeking the correct diagnosis."



"It's essential that our pets are treated well and with patience, so that they themselves can feel it. Thank you for taking such good and professional care of my little one."



"She was very nervous when he had to be seen and touched to get the bandage applied, but now it's all over and she doesn't think about it anymore because the pain is gone thanks to him and the treatment."



"Our vet never gave up and tried to solve the problem in the most natural and effective way. After several attempts, he succeeded, and Fidel stopped feeling sick and having to take antibiotics all the time."



"It touches me that he does his job out of love and passion. My doggie understands that well because it's a celebration when we arrive at the clinic."



"We asked for recommendations to improve the stress our dog experiences every time there's a storm. Their suggestions were a game changer. We tried them until



"We appreciate the treatment from day one, the affection we received, and all the help."



"Thank you for your expertise and professionalism, but above all for your humanity."





# CARE AND SUPPORT



2

Partnered with experts across Europe to provide resources and emotional support

PURINA

PRO PLAN

# Resources and emotional support



**ANMVI**  
ASSOCIAZIONE NAZIONALE MEDICI VETERINARI ITALIANI



**Introduction - Laura Woodward**

An introduction to Laura, who she is, what she does and her collaboration with Purina for this platform

[View](#)



**What is Mindfulness? - Laura Woodward**

[View](#)



**Meditation - Laura Woodward**

[View](#)



**Collaborate as Veterinarians - Laura Woodward**

How to collaborate as Veterinary Professionals to feel better in an ever-changing work environment.

[View](#)



**What is Positive Psychology? - Laura Woodward**

[View](#)



**Thriving Vets - Miguel Moura**

About studies on mental health, mental processes.

[View](#)



**Emotional Management - Miguel Moura**

Emotional intelligence and strategies to manage emotions. (Video)

[View](#)



**Emotional Management - Miguel Moura**

Self assessment exercise (PDF)

[View](#)



**Mental health and wellbeing of  
Europe's veterinarians:  
a public imperative**

# At the EU parliament



## Veterinary Mental Health: A Cornerstone of One Health

*Connecting Animal Health, Public Health, and  
Societal Wellbeing*



Hosted by **MEP Emmanouil Fragkos**  
Vice Chair, SANT Committee

**European Parliament 1H1**  
4 March | 14:00-16:30







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*Thank  
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VET  
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