



### **EPISODE FOUR: Nadine Hamilton**

Dr Nadine Hamilton is a psychologist, but she's not just your everyday psychologist - she's OUR psychologist.

After nearly 35 years of experience in a variety of industries she is now a leading voice and helping hand for the veterinary profession. Through her practice, Positive Psych Solutions, she works exclusively with vets, helping them to be the best they can be for their patients and themselves. However - Nadine was not satisfied with small scale solutions: her recently published book 'Learning To Cope With Stress And Burnout As A Veterinarian' is already proving very useful for many of us in the profession, and will undoubtedly become a vital mental health resource for vets around the world.

Dr Hamilton is also the founder of the 'Love Your Pet, Love Your Vet' charity, which aims to raise community awareness of the shadow side to the veterinary profession, as well as reducing stigma for those working in the industry about seeking help when they need it. Her work with the charity has brought some of the challenges that vets face to the attention of the general public through some very successful media exposure. As can be expected from someone with Nadine's background, our discussion with her provides some fantastic insight into the state of mental health in our profession, with some very practical advice on building and maintaining resilience, and on how to speak up and find help when you are going through tough times. Please enjoy this conversation with one of the leading minds in veterinary mental health today - Dr Nadine Hamilton.

Dr Nadine's practice: <https://www.positivepsychsolutions.com.au/aboutus>

Love your pet, love your vet charity website:  
<https://www.loveyourpetloveyourvet.com.au>

Her book:  
[https://www.australianacademicpress.com.au/books/details/319/Learning to Cope with Stress and Burnout as a Veterinarian](https://www.australianacademicpress.com.au/books/details/319/Learning_to_Cope_with_Stress_and_Burnout_as_a_Veterinarian)

Where to find help when you need it:  
<https://www.blackdoginstitute.org.au/about-us>  
<https://www.beyondblue.org.au/get-support/get-immediate-support>  
<https://www.ava.com.au/member-hub/vethealth/>