

19 May 2025, Brussels

## **European doctors and veterinarians highlight common challenges on mental health and well-being**

In recognition of [European Mental Health Week](#), the Federation of Veterinarians of Europe (FVE) and the Standing Committee of European Doctors (CPME) have come together to highlight that the well-being of doctors and veterinarians is critical to the future of health systems. Protecting their mental health and well-being is not just a moral obligation, but essential to retaining a strong, resilient workforce.

We call upon the European Commission to develop a comprehensive European strategy on mental health, including a legislative initiative on the management of psychosocial risks and well-being at work, with special attention to workforce distribution challenges for doctors and veterinarians.

CPME and FVE recognise the value and necessity of their close collaboration at all levels. European doctors and veterinarians operate under increasing pressures, caused i.a. by excessive administrative workloads, inadequate staffing, and financial constraints, all of which undermine their ability to provide high-quality care. The burden of stress and violence extends across all healthcare professions, highlighting the need for systemic interventions.

CPME President Dr Ole Johan Bakke said, *"European doctors and veterinarians share common challenges which are contributing to burnout, absenteeism and professionals leaving the workforce. There is a need for continuing investment in mental healthcare and health systems reforms, and for breaking the stigma around mental health."*

FVE President Dr Siegfried Moder shared, *"We believe that for veterinary and medical professionals to reach their full potential and for both professions to remain sustainable, maintaining high levels of mental health and wellbeing is a priority."*

FVE and CPME take proactive steps to address mental health challenges, which will ultimately benefit both those working in the medical and veterinary professions and those they serve, including holistic support all along the career path.

- CPME advocates for a mental health in all policies approach. Our [policy on doctor's well-being](#) recommends the establishment of confidential, easily accessible mental health services for doctors, including counselling, therapy, and helplines. We urge the effective enforcement of the EU Working Time Directive and Parental Leave Directive.
- FVE spearheads [www.VetJoy.org](http://www.VetJoy.org), a groundbreaking initiative supported by Zoetis and its Foundation. Stepping up to provide holistic career support, mental well-being resources, and professional development opportunities, this platform aims to anticipate challenges to foster a sustainable and fulfilling veterinary career path for professionals at every stage.

European doctors and veterinarians dedicate their lives to safeguarding the well-being of others. It is imperative that we, in turn, protect and support them. In alignment with the WHO European Framework for Action on Mental Health, FVE and CPME stand firm in their commitment to working together to safeguard mental health and wellbeing across their professions.

#### **Note to editors**

*The **Standing Committee of European Doctors (CPME)** represents national medical associations across Europe. We are committed to contributing the medical profession's point of view to EU and European policy-making through pro-active cooperation on a wide range of health and healthcare related issues. For further information, consult the CPME website [www.cpme.eu](http://www.cpme.eu).*

*The **Federation of Veterinarians of Europe (FVE)** is an umbrella organisation from 39 European countries representing a total of around 330.000 veterinarians and strives to promote animal health, animal welfare and public health across Europe. For further information, consult the FVE website [www.fve.org](http://www.fve.org) or by e-mail to [info@fve.org](mailto:info@fve.org).*