

# Compassion Fatigue

## Resources Available to Volunteers

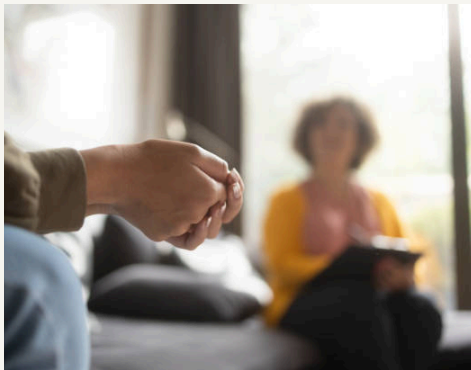


### Grief Support-Blue Dog Counseling, LLC

Cōlleen O'Brien, LMSW, CFSW; 734.215.5223

<https://www.bluedogcounseling.com>

Monthly Pet Loss Support Groups information can be found here: <https://www.hshv.org/get-help/endoflife/>



### CareLife Network

Free, confidential solution focused short-term counseling sessions with trained professionals. Call toll free 866.888.1555

[www.caresworklifesolutions.com](http://www.caresworklifesolutions.com)



### Compassionate Fatigue-Online

Navigating Compassion Fatigue in Animal Welfare. Video by Human Animal Support Services:

<https://www.youtube.com/watch?v=bkzieuFgiMg>

## Some Signs of Compassion Fatigue

- Physical or emotional exhaustion
- Difficulty sleeping or experiencing nightmares
- A feeling of being on edge
- Lack of motivation
- Increased anxiety, sadness, anger, and irritability
- Issues with time management
- Feeling detached, numb, and emotionally disconnected

