A reflection on the ways veterinarians cope with the death, euthanasia, and slaughter of animals.

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We're offering advice on coping with the grieving process, from helpful pet bereavement hotlines to pet memorials. If you're having lingering questions or doubts about how your pet died, make an appointment with your veterinarian to get your questions answered. Don't leave yourself wondering for years to come — be sure you can move forward without any questions or doubts.

7. Memorialize your pet. Find a way that is meaningful to you to honor your pet. Planting trees or memorial gardens, volunteering, making a donation to a favorite animal charity or installing a plaque in the yard are some ways to keep your pet's memory alive. Among the myriad other options are cremation or memorial urns and placement in a How do vets cope with this grim aspect of their work? Look at the headline figures on vets and mental health and you might think: not very well. Problems like depression are more common in the profession than in the population as a whole. And yet a minority of vets do struggle with the burden of euthanasia. Various studies over the years have suggested that vets can suffer symptoms such as unresolved grief, high blood pressure, depression, substance abuse, bad dreams, emotional numbing and recurrent, distressing memories. Saying goodbye to a beloved pet has now become big business (Getty).