



Health and Wellness Resources for Dental Association Professionals

Concerned about a colleague's health and well-being? Trying to take care of yourself? Use these resources to help frame conversations on well-being with your staff and colleagues.

1. SUPPORT A HEALTHY WORKPLACE AND TEAM

- Advance the conversation around physical and mental health. Visit the [ADA Wellness playlist on YouTube](#)* for shareable videos with tips for tough conversations.
- Listen to this episode of ADA's Beyond the Mouth podcast featuring [NAMI Chicago about Changing the Conversation Around Mental Health and Wellness at Work](#).
- Get tools to support holistic approach to workplace mental health in the [Ultimate Mental Health Workplace Toolkit](#) (PDF) by NAMI Chicago and Launchways.
- Understand the common signs and action items to [Recognizing Burnout at Work](#)* (PDF) by NAMI Chicago.
- Help build a supportive workplace with this series of webinars from NAMI Chicago and the ADA Accelerator Series.*
 - "[Mental Health, Dentistry and You](#)" takes a dive deep into the definition of wellness, tips for recognizing when a colleague is struggling and ways to be supportive
 - Learn how to build a culture of wellness in your workplace in "[Wellness in Dentistry: Inspired and Supportive Leadership](#)"
 - Explore self-care strategies to use for yourself and others and create your own wellness plan in "[Fostering Wellness & Self-Care](#)"

2. BUILD RESILIENCE AND PRACTICE SELF-CARE

- Watch the on-demand "[Resilience in the Face of Uncertainty](#)" webinar from the ADA Accelerator Series with MTV star and mental health advocate Ben Nemtin.*
- Learn how to recognize and address burnout by listening to the ADA's Beyond the Mouth [Burnout Episode](#) (Podcast).
- Take advantage of wellness content and resources on [ADA.org/Wellness](#)

3. TAKE ACTION IF THERE IS A CRISIS

- If you or someone you know is in crisis, contact the [National Suicide Prevention Lifeline](#) immediately at 1-800-273-8255 (TALK). The lifeline is available 24 hours a day, every day.
- Refer to the Centers for Disease Control and Prevention (CDC) [Response Resources for Leaders](#).

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