Mental Health and the Profession

1 in 5 adults in America experience a mental illness.

- **10%** of dentists self-reported being diagnosed with depression.
- **6%** of dentists self-reported being diagnosed with anxiety disorders.
- **4%** of dentists self-reported being diagnosed with panic disorder.


Overall Mental Health Impact of the COVID-19 Pandemic

Percentage Reporting Suicidal Ideation
More Than Half or Nearly Every Day 2018-2020

- **37%** in 2018
- **35%** in 2019
- **33%** in 2020

Source: Mental Health America

You are not alone.
Find resources at ada.org/wellness

This infographic provided in part by a grant to the ADA from Crest + Oral-B.

Hope For The Day® is a non-profit movement whose mission is to empower the conversation on proactive suicide prevention and mental health education. For more resources, please visit: www.hftd.org/resources