ADA®

WELLNESS RESOURCES FOR ADA MEMBERS AND DENTAL STUDENTS

Find programs and resources to support your mental, emotional and physical well-being at **ADA.org/wellness.** *All resources are free for all to use – dentists, dental team members, dental students, specialists – unless marked with an asterisk.*

Well-Being Index (WBI) **ADA.org/WellBeingIndex**	Your health matters. The ADA offers access to the Dental Well-Being Index (WBI), a validated, anonymous risk assessment tool invented and provided by the Mayo Clinic. Scan the QR code to set up your WBI account using the code: **ADA Wellness**. In just one minute, you'll have access to a personalized dashboard and resources, allowing you to track your well-being over time.
Dental Sound Bites™ **ADA.org/podcast**	Dental Sound Bites is an ADA podcast created for dentists, by dentists. Explore the show's episodes focused on addressing the mental health issues that may arise in dentistry. Hear expert insights and real experiences designed to give you practical strategies to support your well-being over time.
Putting Your Oxygen Mask on First **ADA.org/wellbeingCE**	This new CE course explores current data on dental professionals' wellness and dives into how dentistry impacts mental and physical well-being. Learn practical and actionable self-care strategies and discover ADA initiatives and resources that support mental health, reduce burnout, and promote resilience in practice. (1 CE credit).
State Well-Being Programs Directory *(updated in 2026)* **ADA.org/wellnessdirectory**	Looking for help and guidance? Support may be closer than you think. This directory links you to local resources, state dental society contacts, ADA Wellness Ambassadors and the 28 Federation of State Physician Health Programs that provide a therapeutic alternative to discipline for dentists, connecting you to assistance closer to home.
ADA Ergonomic Stretches* **ADA.org/stretch**	Better ergonomics, stretching, and exercise can help dental teams build long, healthy careers. Download the ADA Ergonomic Stretches infographic with 25 quick stretches or access the ADA Member app for more resources to keep you and your dental team healthy. *The ADA Member App is available to ADA members and ASDA/ADA student members.*
After a Suicide Postvention Toolkit **ADA.org/postvention**	Developed in 2023 by the American Foundation for Suicide Prevention (AFSP) and the ADA, the *After a Suicide Postvention Toolkit* provides guidance for those responding to a suicide death for professional dental settings.
988 Suicide and Crisis Lifeline	If you or someone you know is experiencing suicidal thoughts or a crisis, please text or dial 988 to be connected to the 988 Suicide and Crisis Lifeline. This service is free and confidential and is provided by a national network of more than 200 crisis centers supported by local and state sources as well as the Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA). For a medical emergency dial 911.

© 2026 American Dental Association All rights reserved. *Updated: 5/12/2026*