

Do You Know a Dental Team Member that Needs Our Help?

ADA American
Dental
Association®
America's leading
advocate for oral health

Fifty-one percent of dentists work between 35 to 50 hours per week. Seventy-five percent of dentists deal with moderate to severe stress while at work (2015 ADA Health and Wellness Survey). Whether you are an established dentist, dental student or new dentist, survey data shows that you continually push yourself physically and mentally. These “occupational hazards” start way before you join a dental practice, typically in dental school. During your training – and even while you are in practice – you are exposed to mental and physical stress, irregular sleep schedules and fatigue. As a result, we are seeing students and dental professionals dealing with burnout, substance use disorders (SUDs) and other conditions that may impair their abilities to practice competent dentistry.

The Signs That Someone May Need Help

If you can answer “yes” to any one of the situations below, you may want to reach out to us for help.

- Are you experiencing problems coping with patients or with the typical stress of a busy practice?
- Do you become easily depressed or annoyed?
- Do you drink more than a moderate* amount of alcohol?
- Do you self-prescribe or misuse mood-altering drugs?
- Are you slowing down, overly tired, or constantly placing work ahead of personal needs, family or recreation?

*Moderate drinking is defined as up to four alcoholic **drinks** for men and three for women in any single day, according to The National Institute on Alcohol Abuse & Alcoholism (NIAAA), and a maximum of 14 **drinks** for men and 7 **drinks** for women per week.

How Can the ADA Help?

The ADA’s Dentist Health and Wellness Program, along with State Dentist Well-Being Programs, are composed of dentists and dental team members who are concerned about the health and well-being of their peers. If you are in need of assistance, please **contact the ADA at dentalpractice@ada.org**.

The ADA Health and Wellness Program will begin the initial work of connecting you with your state dentist well-being program. You can also contact your State Dentist Well-Being Program Director directly by using our [State Dentist Well-Being Program Directory](#). Whether you contact the ADA or your state dentist well-being program, your call/email will be strictly confidential.

The ADA and state dentist well-being directors are committed to helping dentists get through treatment and maintain their recovery. Many dental team members have received help through their state dentist well-being program. Multiple studies have shown that with long-term monitoring, healthcare professionals have better treatment outcomes and recovery maintenance than the general population.

You Make the Call

If you believe that you or a peer needs the help of the ADA and state dentist well-being programs, please **use the ADA email address** listed above. You will receive a confidential phone call from a caring individual who has a sincere interest in helping.