

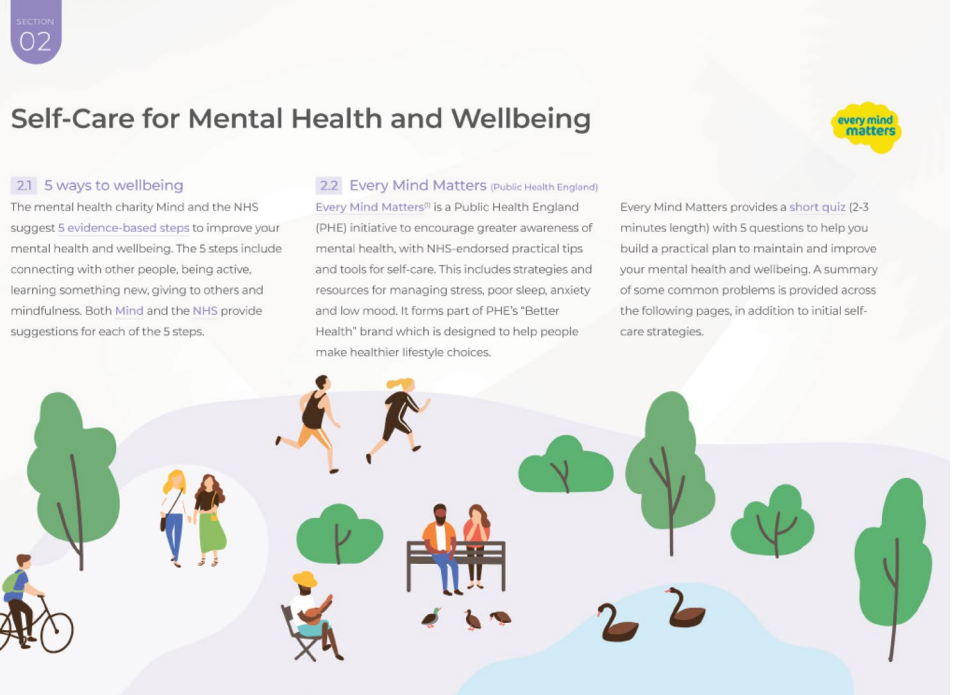
## NEW MENTAL HEALTH AND WELLBEING RESOURCE FOR THE DENTAL TEAM LAUNCHED

A UK-wide resource called *Wellbeing support for the dental team* was launched in January 2021, aimed at all dental team members, including students and non-clinical roles.

Stakeholders from dentistry and beyond came together in February 2020 to discuss the wellbeing of dentists and their teams. Following this a small group of dedicated colleagues collaborated to create this single document.

The guide outlines how to assess your own mental health and wellbeing and provides resources for self-care, including the range of organisations available to support you.

Dental professionals recognise the importance of mental health and wellbeing for their patients. However, they may not always recognise or prioritise their own mental health needs. Stress is common amongst the dental profession and is a key driver of burnout and mental ill health. These problems can affect individuals at any stage of their career.



### 2.1 5 ways to wellbeing

The mental health charity Mind and the NHS suggest 5 evidence-based steps to improve your mental health and wellbeing. The 5 steps include connecting with other people, being active, learning something new, giving to others and mindfulness. Both Mind and the NHS provide suggestions for each of the 5 steps.

### 2.2 Every Mind Matters (Public Health England)

Every Mind Matters<sup>®</sup> is a Public Health England (PHE) initiative to encourage greater awareness of mental health, with NHS-endorsed practical tips and tools for self-care. This includes strategies and resources for managing stress, poor sleep, anxiety and low mood. It forms part of PHE's "Better Health" brand which is designed to help people make healthier lifestyle choices.

Every Mind Matters provides a short quiz (2-3 minutes length) with 5 questions to help you build a practical plan to maintain and improve your mental health and wellbeing. A summary of some common problems is provided across the following pages, in addition to initial self-care strategies.

For a variety of reasons, there has traditionally been a reluctance amongst the dental profession to speak about and seek support for their personal problems, including mental health.

It is time to put an end to that. There is strength, not weakness, in asking for help,

and to that end, *Wellbeing support for the dental team* offers simple and practical steps to know where you can find the support you need.

Simply visit <https://www.supportfordentalteams.org> to download your free copy.

## MOUTH CARE MATTERS E-LEARNING RESOURCES NOW AVAILABLE

Health Education England e-Learning for Healthcare (HEE e-LfH) has worked in partnership with Health Education England and the Mouth Care Matters team to add Mouth Care Matters, a range of free resources and tools to support health and care teams with knowledge and skills to improve patient oral health, to the e-Learning for Healthcare Hub.

Oral health is an important part of general health and wellbeing. Supporting patients with regular mouth care is a fundamental part of care that has frequently been identified as neglected and needing improvement.

The aim of Mouth Care Matters is to empower staff, through training and education, to identify patients that need help with mouth care and ensure it is delivered in a safe and compassionate way.

Two further resources are also available as part of the Mouth Care Matters programme:

Mini Mouth Care Matters - which aims to empower medical and allied medical healthcare professionals to take ownership of the oral health care of any paediatric in-patient with a hospital stay of more than 24 hours

Mouth Care Matters for Neuro-disability - oral health resources to support staff and families caring for people with a

neuro-disability.

The Mouth Care Matters programme is freely available to access via the e-Learning for Healthcare Hub.

Please note if you require evidence of learning you will need to register and log in to record your progress and generate a record of completion.

You can learn more about the resources on the Mouth Care Matters programme page: <https://www.e-lfh.org.uk/programmes/mouth-care-matters/>.

