

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.

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.

