# a happy mouth is... a happy life

PROMOTE MENTAL HEALTH AND WELL-BEING IN THE DENTAL WORKPLACE







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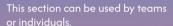
Supporting dentists and dental teams is essential. Because the mouth, body, and mind are strongly connected, there is no true health without oral health. By protecting the well-being of those who care for our smiles, we ensure the overall health of our communities.

All stakeholders involved in the dental profession have an important responsibility to promote mental health and well-being in the workplace.

#### **HOW CAN YOU HELP?**

Use the **Mental health and well-being in the dental workplace** <u>toolkit</u> to support the well-being of oral health professionals at the individual, organizational, and national levels.

## INDIVIDUAL (ORAL HEALTH PROFESSIONAL) LEVEL



The information and tools focus on mindfulness, healthy eating, communication skills, and other topics important for individuals looking to improve their own mental health and well-being.

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## **ORGANIZATIONAL LEVEL**



The goal is early intervention and, if required, safe signposting for team members showing signs of stress, burnout and poor mental health.

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## SYSTEM (NATIONAL) LEVEL



The aim is to support and promote a systems-level approach to improving well-being within a country or region's dental care system. The well-being of oral health professionals must be considered as a central point for delivering quality healthcare to the population.

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### For more information and support: