



Health and wellbeing support resources

Below are details of resources where you can find help and support

A list of support resources available to the whole dental team in the UK can be found here at

supportfordentalteams.org

Useful contacts include;

NHS Practitioner Health Programme (England)

practitionerhealth.nhs.uk

24-7 counselling and emotional support for BDA members.

A confidential benefit designed to help you deal with personal and professional problems that could be affecting your home life or work life, health and general wellbeing. You can access a helpline 24/7, 365 days a year.

bda.org/healthassured

Wellbeing workshops for BDA members

<https://www.healthassured.org/trauma-management/corporate-wellbeing-workshops/>

BDA Benevolent Fund

bdabenevolentfund.org.uk

Dentists' Health Support Trust

dentistshealthsupporttrust.org

Confidential

confidential-helpline.org

Scottish Government National Wellbeing Hub:

promis.scot

You can also call the Scottish National Wellbeing Helpline on 0800 111 4191

Inspire NI

inspirewellbeing.org

Mental health awareness training

Stress awareness course - Two one-hour online training sessions

cpd.bda.org/course/info.php?id=112