

A HAPPY MOUTH IS... **a happy mind**

PROMOTE MENTAL HEALTH AND WELL-BEING
IN THE DENTAL WORKPLACE



#WOHD25
#HappyMouth
worldoralhealthday.org



World Oral
Health Day
20 March



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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 toolkit** to support the well-being of oral health professionals at the individual, organizational, and national levels.



INDIVIDUAL (ORAL HEALTH PROFESSIONAL) LEVEL

This section can be used by teams or individuals.

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.

fdimentalhealthtoolkit.org/individual-level/



ORGANIZATIONAL LEVEL

This section is aimed at individuals who want to improve mental health and well-being at their dental workplace, such as practice leaders, managers or mental health champions within the dental team.

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

This section is intended for use by Dental Associations at the national and international levels, as well as by universities, and local and national governments.

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.

fdimentalhealthtoolkit.org/national-level/

For more information and support:
fdiworlddental.org/mental-health-and-well-being-dentistry

