



# Help is one call away.

When you need an advocate for your physical, mental or emotional health, confidential assistance and peer-to-peer support are available 24/7.

CDA's Wellness Program is a member benefit that supports and advocates for the mental, emotional, and physical wellness of dental professionals and their families. The Wellness Program is led by compassionate volunteer members and recovering dentists with the assistance of dental society staff and allied health professionals.

This trusted resource extends help in a variety of ways, offering support to family members of impaired individuals and providing assistance following diagnosis and/or treatment.

Whether your wellness challenge is anxiety, depression, mental illness, physical illness or substance dependence, our volunteer members are available around the clock to offer confidential peer-to-peer support while you navigate your wellness journey.

**As a dentist, you likely balance many roles: healthcare provider, team leader, employer and colleague. Work-related stress can result in burnout, putting you at risk for depression. Some signs that you may need support to regain balance are:**

- Weight loss or gain
- Social isolation
- Insomnia
- Anxiety
- Apathy
- Feelings of hopelessness
- Thoughts of self-harm or suicide

For more information regarding the Wellness Program or for a confidential referral, please contact your local dental society or a Wellness Committee near you:

Visit [cda.org/wellness-program](https://cda.org/wellness-program) to learn more.

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**Central California**  
916.947.5676

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