

JANUARY 2022

FD DS NEWSLETTER

Official newsletter of the First District Dental Society



WELLNESS MEANS DIFFERENT THINGS TO DIFFERENT PEOPLE, BUT ONE THING IS CERTAIN - WE ALL NEED IT.

Courtesy of TDA Website

Working in the dental profession can be emotional, stressful, physically demanding, and mentally exhausting. As dental professionals, we are only human, but many times feel the pressure to perform with superhuman perfection and at an unrealistic pace. Recognizing this potential problem, the Tennessee Dental Association (TDA) established the Wellness Committee in 1981. Since that time, it has discretely assisted hundreds of members of our dental family (dentists, dental hygienist, and dental assistants) when they might succumb to difficulties that are capable of affecting their performance.

In 2019 the TDA's Wellness Committee was dissolved and its responsibilities were transfer to the Tennessee Dental Wellness Foundation (TDWF). The TDWF is a nonprofit, 501c3 that works with dental professionals like the Wellness Committee did in the past. It is supported and promoted by the TDA but operates independently of the TDA. If you need assistance, know someone that does, or just have questions about what we do, you can visit the TDWF's website at www.tndentalwellness.com or you can simply call 615.628.3200



YOU ARE NOT ALONE

Suicide Prevention Resources

National Suicide Prevention Lifeline

suicidepreventionlifeline.org
800-273-TALK (8255)

American Foundation for Suicide Prevention

afsp.org
afsp.org/chapter/tennessee

Tennessee Dental Association Wellness Foundation

tndentalwellness.com
615-628-3200

We make an effort to answer the phone 24 hours a day. You can also leave a message. Rest assured you can make a call, an email or a visit and you can remain totally anonymous. Your anonymity is protected by our policy and by the Tennessee Peer State Law.

Veteran's Crisis Line

veteranscrisisline.net
800-273-8255
Text 838255

Provides free confidential resources - available to anyone, even those not registered with VA or enrolled in VA healthcare. Qualified responders are specially trained and experienced in helping veterans of all ages and circumstances.

Shift the Influence

shiftheinfluence.org
303-369-0039

Talking with others about alcohol and other substances can reduce negative health consequences, improve family and work life, and promote overall well-being.

Crisis Text Line

crisistextline.org
Text HOME to 741741

Text anywhere, anytime, about any type of crisis. A trained crisis counselor responds from a secure online platform.

Center for Disease Control and Prevention - #BeThere To Help Prevent Suicide

cdc.gov/injury/features/be-there-prevent-suicide/index.html
cdc.gov/violenceprevention/suicide/index.html



"Be strong enough to stand alone, smart enough to know when you need help, and brave enough to ask for it."