

NEVER ALONE

We would encourage anyone feeling stressed or struggling with their own mental health to seek support. Each of the organisations listed have specialist advisers and counsellors who can help you through your specific situation.



Maybe most well-known for their work with suicide prevention, people can actually contact Samaritans to talk about all sorts of issues. They listen and support callers, they also signpost to specialist organisations who can help with specific problems.

www.samaritans.org Call free on 116 123



The BDA Benevolent Fund provides financial aid to dental students, dentists and their families at all stages of their career. When individuals don't have the funds to pay for some of the normal things in life, like rent or food, the fund can offer help and support.

www.bdabenevolentfund.org.uk 0207 486 4994

Confidential

Confidential's purpose is to provide emotional first aid for dentists in distress. Manned by practising and retired dentists, the service allows you to offload and talk through your issues in complete confidence and signposts you to further organisations if appropriate.

www.confidential-helpline.org 0333 987 5158



The Dentists' Health Support Programme specialises in helping dental professionals with addiction issues relating to alcohol, drugs, eating disorders and other health problems to talk about their issues and get their life back on track.

www.dentistshealthsupporttrust.org 0207 224 4671



Relate is the UK's largest provider of relationship support and can offer support on relationships with family, partners and colleagues. They offer counselling support by telephone, face-to-face or via a webcam. Their website has a full list of branches across the UK.

www.relate.org.uk



'Mental Dental' a closed Facebook group that provides a safe space to discuss and get further information about mental health services for dentists.

Search Facebook for Mental Dental - a group for dentists in crisis



Men's Advice Line is a team of friendly Advisors who will listen and believe you. Their team is available to offer non-judgmental support, practical advice and information. Their focus is to increase the safety of men experiencing domestic abuse (and the safety of any children) by providing confidential support.

www.mensadvice.org.uk 0808 8010327



Mind provides advice and support to empower anyone experiencing a mental health problem. The charity campaigns to improve services, raise awareness and promote understanding. 'We won't give up until everyone experiencing a mental health problem gets support and respect.' We are Mind.

www.mind.org.uk 0300 123 3393



A team of highly-trained, female advisers are available to speak to free of charge 24 hours a day 365 days per year in confidence.

www.nationaldahelpline.org.uk 0808 2000 247



The NSPCC (National Society for the Prevention of Cruelty to Children) is the UK's leading children's charity, preventing abuse and helping those affected to recover.

www.nspcc.org.uk 0808 800 5000