

# Confidential support for dental professionals and their loved ones.

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



The CDA Foundation's Wellness Program provides confidential support to CDA members facing substance use disorders and other wellness challenges including anxiety, depression and burnout. We recognize the immense pressures of the dental profession and offer a lifeline to those who need it most. Our program focuses on safeguarding both your health and your career, ensuring you receive the help you need without fear of reprisal.

In addition to supporting dentists and office staff, the program is also open to their loved ones. Wellness issues can affect the entire family, so we are here to provide guidance and support to partners, children and other immediate family members. Program resources are designed to help families navigate these challenges together, fostering a holistic approach to health and well-being.

The Wellness Program is led by compassionate volunteer members and recovering dentists with the assistance of CDA Foundation and dental society staff and allied health professionals. Volunteers are available around the clock, trained and equipped to handle your concerns with the utmost sensitivity and care, ensuring you never feel isolated in your journey toward wellness.

**As a dentist, you likely balance many roles: health care provider, team leader, employer and colleague. Work-related stress can result in burnout, putting you at risk for depression, anxiety and substance misuse. 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.

**Northern California**  
530.864.4264

**San Francisco/  
Bay Area**  
916.947.5676

**Central California**  
916.947.5676

**Southern  
California**  
310.487.5040

**San Diego**  
619.851.4494



**California Dental Association**  
1201 K Street, 15<sup>th</sup> Floor  
Sacramento, CA 95814  
800.232.7645 | [cda.org](https://cda.org)