

# Help is one call away.

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

Health is multi-faceted. What impacts your body can impact your thought patterns, behavior, relationships and emotional well-being –and vice versa.

CDA's Wellness program is a member benefit that exists to support and advocate for the mental, emotional, and physical wellness of dental professionals and their families. It is a trusted resource for locating facilities for evaluation and treatment, offering support to family members of those impaired, and providing assistance following diagnosis and/or treatment.

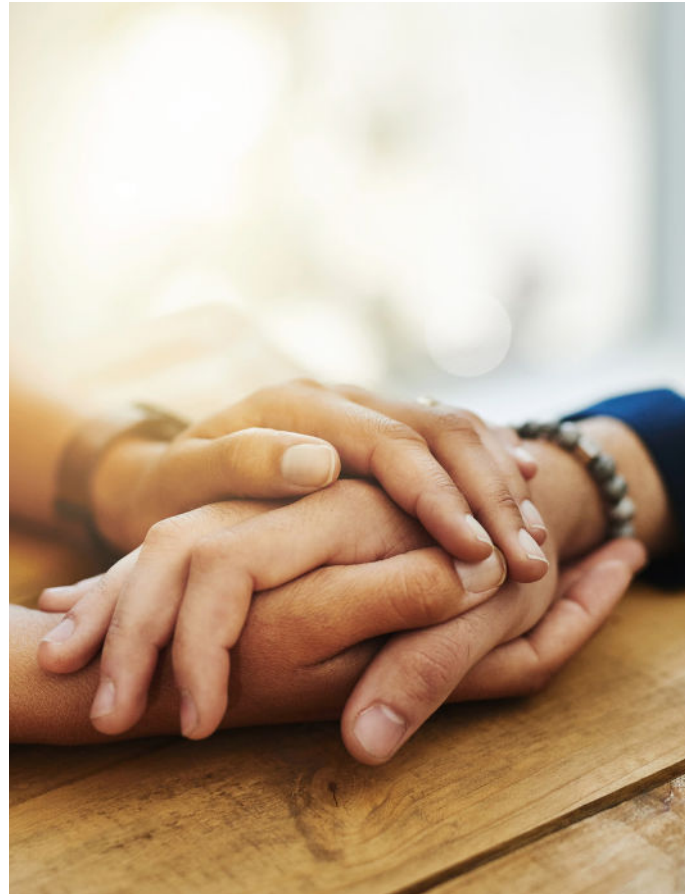
Since 1982, CDA has assisted dental professionals through Wellness Program committees comprised of volunteer members, dental society staff, allied dental health professionals and recovering dentists. Whether your wellness challenge is anxiety, depression, mental illness, physical illness, or substance dependence, we have volunteer members who can relate. They are available around the clock to offer confidential peer-to-peer support and assistance while you navigate your wellness journey.

**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.



## **Northern California**

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## **San Francisco/Bay Area**

209.601.4410 (cell)

## **Central California**

916.947.5676 (cell)

## **Southern California**

310.487.5040 (cell)

## **San Diego**

562.832.2489 (cell)

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