

Your [SDS Name] Wellbeing Program

A confidential resource for every member

Use this template to communicate your SDS wellbeing program clearly and consistently to members.

Why It Matters

Confidentiality concerns and stigma can delay help-seeking. This program provides a private and trusted pathway to support before stress affects well-being, professional performance, or practice safety.

Who We Are

Trained volunteers, staff, and licensed professionals who understand dental practice and are committed to helping colleagues access appropriate support.

What We Offer

Confidential guidance for stress, burnout, emotional strain, substance use, work-life balance, financial pressure, and practice concerns. Support may include conversation, next-step guidance, and referral to professional resources.

When to Reach Out

Anytime. If something feels heavy, distracting, or disruptive, reach out. No concern is too small.

Where to Start

A dedicated phone line, private email, and secure online form are available. All inquiries go directly to trained responders.

How It Works

When you make contact, a trained responder listens, answers questions, and helps clarify next steps. You choose the pace, and your privacy is protected throughout the process.

[SDS Name] | [Phone] | [Email] | [Website]