

Here at Christian dental fellowship we aim to help and support colleagues in their personal and professional life, where we can, with friendship and sign-posting to professional services and groups. If you would like to get in contact with the Pastoral Care team at Christian Dental Fellowship then please get in touch with us at [christiandentalfellowship@gmail.com](mailto:christiandentalfellowship@gmail.com)

The DENTISTS' HEALTH SUPPORT PROGRAMME has recently raised its profile and is one of the groups offering help and support if you are a colleague suffering from stress that is affecting your work. It could be anything from low mood, anxiety, mental health issues to addiction. It is run by dentists for dentists. Members of CDF have found it to be very helpful and supportive.

Here is more information, which is also available on their web site, describing the work of the trust.

<https://dentistshealthsupporttrust.org>

Contact details are [dentistsprogramme@gmail.com](mailto:dentistsprogramme@gmail.com) 0207 224 4671

**DHSP**  
**DENTISTS' HEALTH**  
**SUPPORT PROGRAMME**



*In the field of dentistry, dentists may sometimes experience stress at work – after all, it can be a very fast moving, performance-driven environment.*

*As such, dentists (just like everyone else) are at risk of developing a substance abuse problem such as an alcohol or smoking addiction. According to a recent well-being report published by the British Dental Association, almost half of general dental practitioners (GDPs) surveyed reported low levels of life satisfaction and **44% reported low levels of happiness.***

*On top of that, **55% admitted to experiencing high levels of anxiety** the day prior to being surveyed, which suggests that the number could be even higher if you take into account those dentists who suffer from sporadic episodes of anxiety and nervousness. As it stands, the exact number of dentists suffering from an addiction problem or mental illness is unknown. However, what we do know, is that high levels of stress at work can have a **negative effect on emotional well-being and mental health**, which is why the profession must continue to place importance on staff welfare. After all, with the right help and support, such a risk could be completely avoided. Luckily, there is help available for those dentists that have an addiction or who are suffering with any mental illness.*

*The **Dentists' Health Support Trust (DHST)** offers dentists in difficulty an opportunity to remedy their problems, get their life back on track and, where possible, back into practice. Part of the struggle can be to admit to having a problem, but with the help of an organisation like DHST, which has an **80% success rate** (the highest of any comparable charity in the country), dentists can receive the necessary diagnosis and intervention that they need to get better.*

*The Trust provides a number of services including: responding to enquiries, which may lead to intervention, assessments and treatment pathways followed by ongoing **monitoring and support**. This support is extended to families and colleagues of the dental professional in difficulty. A vital role is that of case-management where the coordinators take responsibility for liaison between health and other professionals involved in the dental professional's treatment/support. Another essential component of our role is to **educate and raise awareness** within the profession regarding the reality of **mental illness and addiction** issues among members of the profession. All enquiries are logged in a data gatherer from which data can be extracted and examined, allowing us to objectively consider patterns of behaviour and presenting conditions within the dental profession.*

## Helpful Contacts

**Sick Doctors Trust Tel: 0370 444 5163**

Email: [help@sick-doctors-trust.co.uk](mailto:help@sick-doctors-trust.co.uk)

The Sick Doctors Trust is a charity which helps doctors, dentists, medical and dental students with problems with addiction.

**British Doctors and Dentists Group (BDDG) Tel: 07792 819 966**

Email: [info@bddg.org](mailto:info@bddg.org)

The British Doctors' and Dentists' Group is a mutual help group for doctors and dentists who are recovering, or wish to recover, from addiction to or dependency on alcohol or other drugs.

**Narcotics Anonymous Tel: 0845 373 3366**

Email: [pi@ukna.org](mailto:pi@ukna.org)

A nonprofit fellowship or society of men and women for whom drugs had become a major problem, who meet regularly to help each other stay clean.

**Alcoholics Anonymous 0845 769 7555 Helpline available 10 am – 10 pm Everyday**

Email: [helpalcoholics-anonymous.org.uk](mailto:helpalcoholics-anonymous.org.uk)

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

**Cocaine Anonymous 0300 111 2285 (mobile friendly) or 0800 612 0225 10am – 10pm Every Day**

Email: [helpline@cauk.org.uk](mailto:helpline@cauk.org.uk). A 12-Step Fellowship welcoming anyone who wants to stop using cocaine and all other mind-altering substances (including alcohol and other drugs). There are many useful downloads on the website including [Who is a Cocaine Addict?](#)

## Financial Help

**The BDA Benevolent Fund Tel: 020 7486 4994 Monday – Friday 9.30am – 5.30pm**

Email: [generalmanager@dentistshelp.org](mailto:generalmanager@dentistshelp.org)

Provide financial support, money advice and information when needed due to age, ill health, disability or bereavement.