



EXCLUSIVE WELLNESS RESOURCES FOR ADA MEMBERS AND DENTAL STUDENTS



Find programs and resources to support your mental, emotional and physical well-being at [ADA.org/Wellness](https://ada.org/Wellness).



Talkspace Go
[ADA.org/TalkspaceGo](https://ada.org/TalkspaceGo)

Your well-being, your way. Talkspace Go, a self-directed therapy app, can help you address the challenges like work stress, relationships and burnout. Get your exclusive ADA access code for complimentary access at [ADA.org/TalkspaceGo](https://ada.org/TalkspaceGo).



Well-Being Index (WBI)
[ADA.org/Well-BeingIndex](https://ada.org/Well-BeingIndex)

Your health matters. The ADA provides members access to the Dental Well-Being Index (WBI), a validated, anonymous risk assessment tool invented by the Mayo Clinic. Log into your ADA account then set up your WBI account. In just one minute, you'll have access to a personalized dashboard and resources, allowing you to track your well-being over time.



State Well-Being Program Directory
(updated in 2024)
[ADA.org/WellnessDirectory](https://ada.org/WellnessDirectory)

Looking for help and guidance? Support may be closer than you think. This directory links you to local resources, state contacts, and ADA Wellness Ambassadors, ensuring you have the assistance you need right in your community.



ADA Ergonomic Stretches
[ADA.org/Stretch](https://ada.org/Stretch)

Better ergonomics, stretching, and exercise help dental teams build long, healthy careers. Download the ADA Ergonomic Stretches infographic with 25 quick stretches or access the ADA Member app for more resources to keep you and your dental team healthy.



After a Suicide Postvention Toolkit
[ADA.org/Postvention](https://ada.org/Postvention)

Developed in 2023 by the American Foundation for Suicide Prevention (AFSP) and the ADA, the *After a Suicide Postvention Toolkit* provides guidance for those responding to a suicide death for professional dental settings.



National Suicide Prevention Lifeline

If you or someone you know is experiencing suicidal thoughts or a crisis, please text or dial 988 to be connected to the National Suicide Prevention Lifeline. This service is free and confidential. For a medical emergency dial 911.