



EXCLUSIVE WELLNESS RESOURCES FOR ADA MEMBERS AND ASDA/ADA STUDENT MEMBERS



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



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

Your health matters. All dentists, dental students and dental team members have free access to the Dental Well-Being Index (WBI), a validated, anonymous risk assessment tool invented and provided by the Mayo Clinic. First, set up your WBI account. Then in just one minute, you'll have access to a personalized dashboard and resources, allowing you to track your well-being over time. *Available for all dentists, dental students, and dental team members.*



State Well-Being Program Directory *(updated in 2025)* [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 dental society contacts, ADA Wellness Ambassadors and the 28 Federation of State Physician Health Programs that provide a therapeutic alternative to discipline for dentists, connecting you to assistance closer to home. *Available for all dentists, dental students, and dental team members.*



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

Better ergonomics, stretching, and exercise can 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. The downloadable ergonomic stretches are available for all dentists, dental students, and dental team members. *The ADA Member App is available to ADA members and ASDA/ADA student members.*



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 dental organizations responding to an unexpected suicide death. *Available for all dentists, dental students, and dental team members.*



988 Suicide and Crisis Lifeline

If you or someone you know is experiencing suicidal thoughts or a crisis, please text or dial 988 to be connected to the 988 Suicide and Crisis Lifeline. This service is free and confidential and is provided by a national network of more than 200 crisis centers supported by local and state sources as well as the Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA). For a medical emergency dial 911.