

# LEADING THE WAY WITH MENTAL HEALTH WELLNESS IN DENTAL NURSING

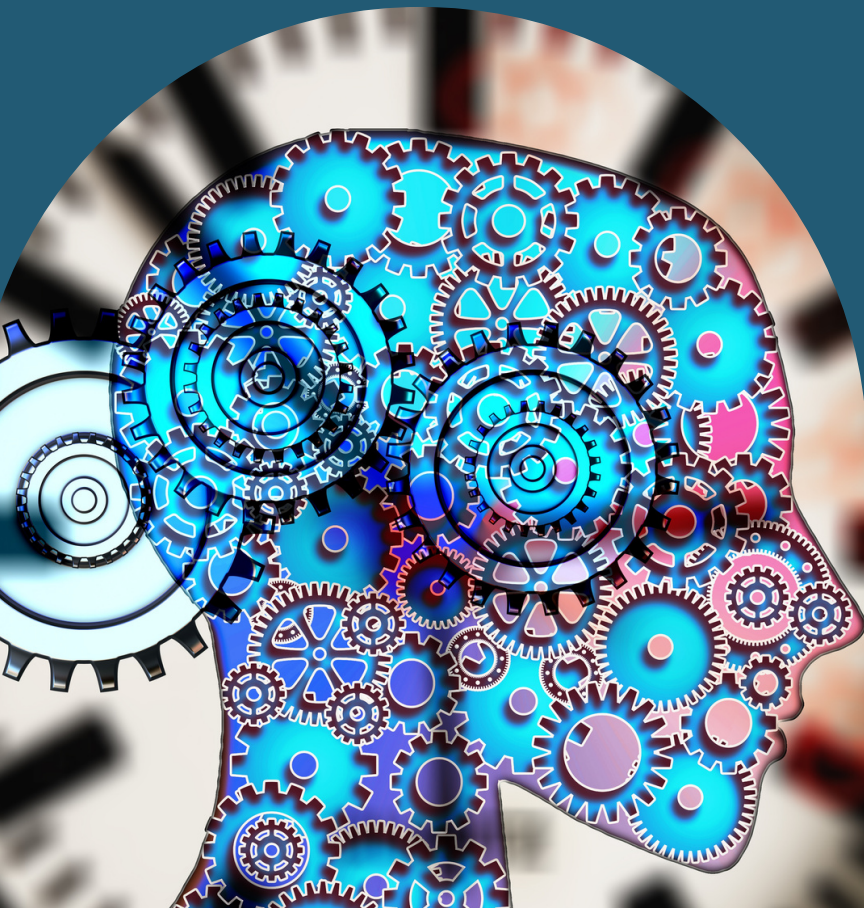
## *Welcome to the Mental Health Wellness update*

SBDN have been the driving force of dental nurses getting involved with the Mental Health Wellness campaign. The President of SBDN has Co-Chaired this work with Roz McMullan (former BDA President) and together with nominees from the Dental Professional Alliance (DPA) she has helped to design the framework and gain support from all of the key stakeholders within dentistry and across 4 nations. Fiona has presented internationally on this matter and like others from DPA, has written numerous articles.



## *Mental Health Special Interest Group*

SBDN have a number of special interest groups and Mental health Wellness is one, as part of our commitment to reduce the stigma and normalise conversations within the workplace. We want to encourage every workplace to appoint a Mental Health Lead and ensure that everyone has the opportunity to thrive at work.



GET INVOLVED



## *Join the Mental Health Working Group*

You have the opportunity to influence thinking and drive change. It is important that the dental nursing voice is heard - we know only too well how many dental nurses struggled at the height of the pandemic and since. Mental Health has no professional boundaries and we matter too.

*“Mental Health Wellness has to be a key priority in every workspace”*

*Fiona Ellwood.*

I pledge to continue to stand up against mental health stigma and educate the public. I will also continue to empower each and every person whom suffers from mental health challenges and provide hope to each individual.  
A.k

The Mental Health Wellness pledge board was one of our first actions - send your pledge in to us and get involved with the stakeholder group. Help us raise awareness, this matters things must change and the time is now.

[WWW.SBDN.ORG.UK](http://WWW.SBDN.ORG.UK)