

BC Dental Association's

Dentist Wellness Program

How We Help:

We provide personalized, confidential support through our experienced program staff and our extensive network of counsellors, therapists and coaches. We help with a wide range of issues, including relationship stress, career and life transitions, peer support, workplace relationships, substance use, mental health and concern for colleagues.

DWP Offerings:

- 24/7 confidential helpline
- Short-term counselling
- Referrals to specialized coaches and therapists
- Help supporting a dentist colleague
- Peer support
- Return to work planning
- Occupational health consultations
- Strengthening workplace relationships

Bi-weekly DWP Peer Support Group:

- Free, online session every 2nd and 4th Wednesday at 7pm
- Hosted by DWP Clinical Coordinators and BCDA dentist leaders
- Learn wellness tips, share and connect with your dentist peers
- Join anonymously, no requirement to speak or go on video

How to Contact DWP:

DWP is managed by professionals from the Physician Health Program.

Reach DWP 24/7 by calling our confidential helpline at **1-800-661-9199**.

If you'd like to join the DWP Peer Support Group, please email dwp.support@physicianhealth.com.

For general DWP inquiries, please contact info@physicianhealth.com.

For more information, visit bcdental.org/dwp.



Reaching out for yourself can be challenging when you spend your career helping others. However, you're not alone. We have a caring and skilled team ready to support you. Here's what our members say about the DWP:

"I would not hesitate to recommend this service because sometimes you feel like there is nowhere else to turn. The service was both professional and caring." – Mid-Career Dentist

"Definitely the best thing I ever did was reach out for help. We think we can do it all on our own, but sometimes you just need a little support. Why struggle on your own for so long when someone is there to help you figure it out. I was unbelievably stressed, I didn't even know I was depressed and had some anxiety until I talked to someone. After a couple sessions I had a glimmer of hope and am now feeling more myself again. If another life event happens that I'm not ready to cope with I won't hesitate to contact DWP again." – Mid-Career Dentist