

BC Dental Association's

Dentist Wellness Program



How We Help

BCDA's Dentist Wellness Program (DWP), **managed by Homewood Health**, provides personalized and confidential support through experienced program staff and a wide network of counsellors, therapists, and coaches for BCDA Members and their immediate family members.



BCDA's Dentist Wellness Program: Services provided by Homewood Health

How We Help



Mental Health Counselling

Confidential, solution-focused counselling is available for personal, family, and workplace concerns. Sessions are tailored to your needs with no fixed session limits. Connect with experienced clinicians across Canada by phone, online, or in person, with options to match your preferences and lived experience.



Enhanced Mental Health Care

For more complex or ongoing mental health concerns, Enhanced Mental Health Care offers access to specialized treatment. Evidence-based support helps members manage challenges such as anxiety, depression, trauma, or substance use while building resilience and practical coping strategies.



Immediate Support

Help is available whenever you need it. Access confidential support 24/7 through DWP's support line or connect with a mental health professional on demand through MeetNow. Immediate access means you can receive support without waiting for a scheduled appointment.



Life Smart Coaching Session

Get practical guidance for life's everyday challenges. Expert coaches provide personalized support for parenting, caregiving, finances, career development, retirement planning, workplace concerns, nutrition, lifestyle changes, and stress management, helping you navigate situations with confidence and clarity.



Digital Wellness Resources

Explore a wide range of self-guided wellness tools, assessments, online programs, and educational resources at your own pace. Smart Care helps identify the supports best suited to your goals and needs, connecting you with personalized recommendations and services.



Sentio by Homewood Health™

Sentio is an online Cognitive Behavioural Therapy (CBT) program designed to help manage stress, anxiety, depression, and other mental health concerns. Following a brief assessment, members are matched to a personalized care path with interactive lessons, exercises, and progress-tracking tools.

24/7

**Confidential Helpline:
1-800-661-9199**

 bcdental.org/dwp
 info@bcdental.org

Whether you're managing stress, navigating a major life transition, facing relationship challenges, concerned about substance use, or simply looking to strengthen your mental health, support is available 24/7 whenever you need it.

DWP Support Topics

Relationships & Family

- ✓ Marital
- ✓ New Parenting
- ✓ Childcare & Parenting
- ✓ Elder & Family Care
- ✓ Relationships Solutions

Career

- ✓ Work/Life Balance
- ✓ Career Planning
- ✓ Workplace Issues
- ✓ Pre-Retirement Planning
- ✓ Shift Worker Support

Lifestyle Support

- ✓ Financial Coaching
- ✓ Nutritional Coaching
- ✓ Lifestyle Changes
- ✓ Smoking Cessation
- ✓ Addictions

General Mental Distress

- ✓ Stress Management
- ✓ Depression
- ✓ Life Transitions & Change
- ✓ Anxiety
- ✓ Grief & Bereavement

"I need support right away"

If you're in distress, need immediate support, or simply prefer to speak with someone directly, call the DWP confidential support line. Support is available 24 hours a day, 7 days a week.

"I'd rather explore resources on my own first."

Access the Homewood website or app to browse articles, wellness resources, self-assessments, digital learning programs, and other tools designed to support your mental health and wellbeing at your own pace.

"I want support, but I'm not sure what kind."

You can either call the Helpline or complete a Smart Care assessment through the Homewood website or app. You'll receive personalized recommendations and be connected with the most appropriate support options.

"I want to book counselling"

You can book counselling directly through the Helpline or through your Homewood account. Support is available by phone, video, online, or in person, depending on preferences and location.

What You Need to Register Online

1. **Organization:** BCDA
2. **Invitation Code:** BDA154
3. **Select the role that best reflects you:**
 - Manager - Practice owners, dentists who supervise staff, or dental team managers
 - Employee - Associate dentists and team members without management responsibilities
 - Spouse / Partner - Immediate family members of a BCDA member
4. **Email Verification:** Wait for an email to verify your account.



Online



Homewood Health App



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Note: You do not need a Homewood account to call the DWP confidential support line. Registration is only required to access online services and digital resources.