

MENTAL HEALTH IS IMPORTANT

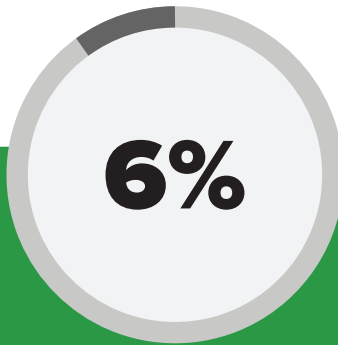
MENTAL HEALTH AND THE PROFESSION

1 IN 5 adults in America experience a mental illness.

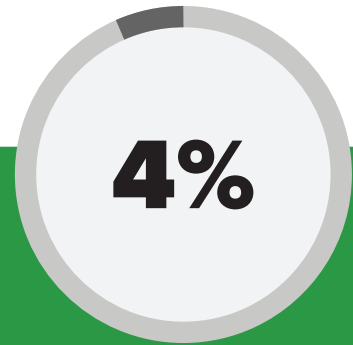
Source: National Institute of Mental Health.



of dentists self-reported being diagnosed with depression.



of dentists self-reported being diagnosed with anxiety disorders.

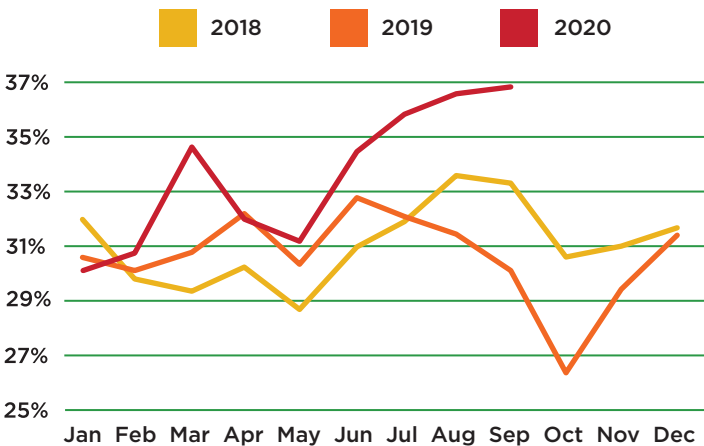


of dentists self-reported being diagnosed with panic disorder.

Source: ADA Center for Professional Success, Dentist Well-Being Survey Report. World Health Organization.

OVERALL MENTAL HEALTH IMPACT OF THE COVID-19 PANDEMIC

Percentage Reporting Suicidal Ideation More Than Half or Nearly Every Day 2018-2020



Source: Mental Health America

76%
of people screened from April to September 2020 say that they are struggling with loneliness and isolation at severe levels.

YOU ARE NOT ALONE.
FIND RESOURCES AT ADA.ORG/WELLNESS

This infographic provided in part by a grant to the ADA from Crest + Oral-B.

ADA American Dental Association®



Hope For The Day® is a non-profit movement whose mission is to empower the conversation on proactive suicide prevention and mental health education. For more resources, please visit: www.hftd.org/resources

