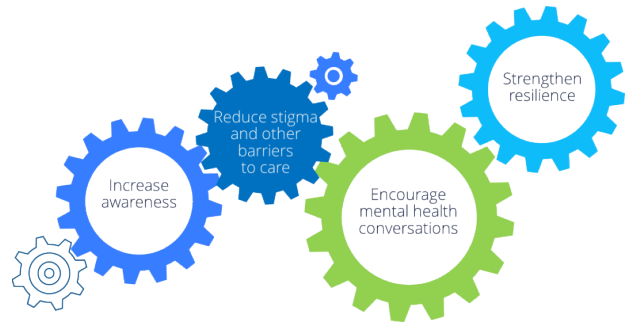




# Workplace Mental Health & Wellness for Oral Healthcare Professionals

## Course Objectives

The Canadian Dental Association partnered with the Mental Health Commission of Canada to adapt The Working Mind (TWM) program for oral health professionals. TWM for Oral Healthcare Professionals is an evidence-based training course developed to initiate a shift in the way you think, act, and feel about mental health in the workplace. It is specifically designed for dental professionals and office staff in the oral healthcare sector. The course offers an employee (staff) version and a manager (dentist) version for supervisors and team leads. This course is offered virtually or in-person.



## Course Overview

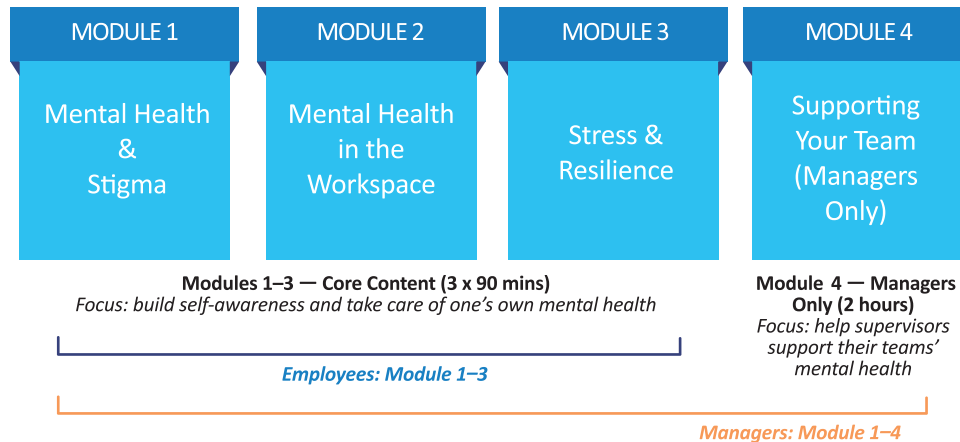
**Three Core Modules** offer the same foundational content to both employee and manager participants. They focus on increasing self-awareness and taking care of your own mental health. Module 4 is presented in the manager (dentist) course.

- ✓ **Module 1: Mental Health and Stigma** will introduce participants to the concepts of mental health and stigma, and it will discuss impacts of stigma on individuals living with mental health problems.
- ✓ **Module 2: Mental Health in the Workplace** will help recognize and keep track of changes in your mental health and well-being and know when to take appropriate actions and have conversations about mental health with colleagues and friends.
- ✓ **Module 3: Stress & Resilience** will discuss the impacts of stress on mental health and provide an opportunity for participants to practise

the Big 4 coping strategies — proven tools to help deal with stress effectively and remain resilient.

- ✓ **Module 4: Supporting Your Team** will build on the three core modules and introduce managers (dentists) with practical tools to support individual employees, and to support their team’s mental health.

**Please note:** the course provides a safe space for sharing; however, it is not mandatory to share personal experiences. Sponsoring organizations may offer this course in-person. The in-person course curriculum is the same as the virtual option.



## The four modules are designed to be delivered:

- ✓ In the order given, as the content builds on each previous module.
- ✓ Spaced apart, within a timespan of no longer than 2 weeks.
- ✓ Organized into separate employee and managers cohorts.

## Course Group Size and Requirements:

**In-person** group sizes can range from 8 to 25 participants.

**Virtual** group sizes can range from a minimum of 8 participants to a maximum of 15 participants. The course can be delivered via Zoom or Microsoft (MS) Teams.

## Learn more:

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