



EXCLUSIVE WELLNESS RESOURCES FOR ADA MEMBERS AND DENTAL STUDENTS



Find programs and resources to support your mental, emotional and physical well-being at [ADA.org/Wellness](https://ada.org/Wellness).



Talkspace Go [ADA.org/TalkspaceGo](https://ada.org/TalkspaceGo)

Your well-being, your way. Talkspace Go, a self-directed therapy app provided by Talkspace, can help you address the challenges like work stress, relationships and burnout. Get your exclusive ADA access code for complimentary access at [ADA.org/TalkspaceGo](https://ada.org/TalkspaceGo).



Pathway to Wellness (Talkspace Therapy) [ADA.org/TalkspaceTherapy](https://ada.org/TalkspaceTherapy)

The support you need at your fingertips, from the comfort of your own home. Pathway to Wellness (Talkspace Therapy provided by Talkspace) connects you to a therapist licensed in your state via private messaging and live video. All members and dental students receive discounted access (approximately 90% off) to Talkspace Therapy.



Well-Being Index (WBI) [ADA.org/Well-BeingIndex](https://ada.org/Well-BeingIndex)

Your health matters. The ADA provides members access to the Dental Well-Being Index (WBI), a validated, anonymous risk assessment tool invented and provided by the Mayo Clinic. Log into your ADA account then set up your WBI account. In just one minute, you'll have access to a personalized dashboard and resources, allowing you to track your well-being over time.



State Well-Being Program Directory *(updated in 2025)* [ADA.org/WellnessDirectory](https://ada.org/WellnessDirectory)

Looking for help and guidance? Support may be closer than you think. This directory links you to local resources, state dental society contacts, and ADA Wellness Ambassadors, connecting you to assistance closer to home.



ADA Ergonomic Stretches [ADA.org/Stretch](https://ada.org/Stretch)

Better ergonomics, stretching, and exercise can help dental teams build long, healthy careers. Download the ADA Ergonomic Stretches infographic with 25 quick stretches or access the ADA Member app for more resources to keep you and your dental team healthy.



After a Suicide Postvention Toolkit [ADA.org/Postvention](https://ada.org/Postvention)

Developed in 2023 by the American Foundation for Suicide Prevention (AFSP) and the ADA, the *After a Suicide Postvention Toolkit* provides guidance for those responding to a suicide death for professional dental settings.



988 Suicide and Crisis Lifeline

If you or someone you know is experiencing suicidal thoughts or a crisis, please text or dial 988 to be connected to the 988 Suicide and Crisis Lifeline. This service is free and confidential and is provided by a national network of more than 200 crisis centers supported by local and state sources as well as the Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA). For a medical emergency dial 911.