

**DENTAL HYGIENE WELL-BEING COMMITTEE
TELL ME MORE!**

This is a committee of the Maryland Dental Hygienists' Association and its purpose is to provide confidential well-being assistance to individuals who are having difficulty dealing with a physical, mental or emotional issue, or substance abuse.

This could include being in a stressful relationship, balancing work and home life as a caregiver, struggling with mood swings or misusing drugs and/or alcohol. The Maryland Dental Hygienists' Well-Being Committee exists to meet the needs of Maryland dental hygienists, dental radiation technologists and dental assistants. Individuals may be self-referred, referred by family, colleagues or employers, or referred by the Maryland Board of Dental Examiners ("the Board").

The Committee can help by providing a free confidential initial problem assessment by our Clinical Coordinator, a licensed social worker and substance abuse professional. Appropriate referrals for community resources and professionals will be offered to you so you can get your life back on track.

The Board may also make referrals to the Committee as a part of its functions to protect the public from an impaired professional while also providing that professional opportunity for rehabilitation.

The Dental Hygiene Well-Being Committee can refer you to many resources and will provide ongoing peer support for you. Please contact us at 1-800-974-0068. We are ready to help you achieve a state of well-being in your life.