

LDC Conference 2024

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Confidential



Who we are and what we do



Who We Are:

- A helpline charity supporting dentists struggling with their mental health.
- Established in May 2019, providing confidential and empathetic support.

Our Mission:

- To offer a safe space for dentists to discuss their challenges.
- To ensure no dentist feels alone in their struggles.

2024 stats to date

Call Statistics:

- Total calls: 133 (4 more than the entire year of 2023!)
- 97 during the day
- 36 at night


- Total talk time: 73 hours
- Most calls by one volunteer: 1
- Most talk time by one volunteer: 6 hours



Who calls us?

Caller Demographics:

- 77 Associates
- 3 Patients
- 35 Unknown
- 1 Practice Manager (PM)
- 1 Foundation Dentist (FD)
- 10 Practice Principals (PP)
- 1 PLVE
- 1 Hygienist
- 2 Therapists
- 1 Nurse
- 1 Locum

A hand is holding a piece of white paper with a deckled edge. The paper has the words "phone a friend" written in a cursive, handwritten font. Below the text is a simple black line drawing of a telephone handset with a coiled cord.

phone a
friend



The Impact of Stress in Dentistry:

High levels of stress, anxiety, and burnout are common in our profession.

Higher risk of suicide compared with the general population

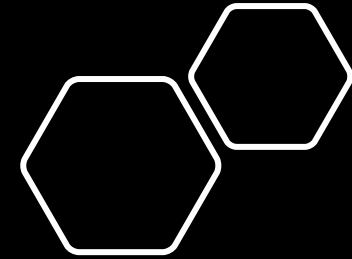
Mental health support is crucial for maintaining our well-being and the quality of care we provide.



Confidential's Role:

Offering a listening ear and signposting to appropriate sources of help eg The BDA, DHST etc

Providing support 24/7



Why don't UK dentists play hide and seek?

Because good luck hiding from all that stress – it always finds you in the end!



How you can help

Raising Awareness:

- Spread the word about Confidential in your practices and networks.
- Encourage colleagues to reach out if they need support.

Fundraising:

- Donations help us train more volunteers and extend our services.
- Every contribution makes a difference in supporting our peers.





Thank you!

Thank you for your time and attention today.

Remember, Confidential is here for us all.

Let's support each other and ensure no dentist feels alone.

