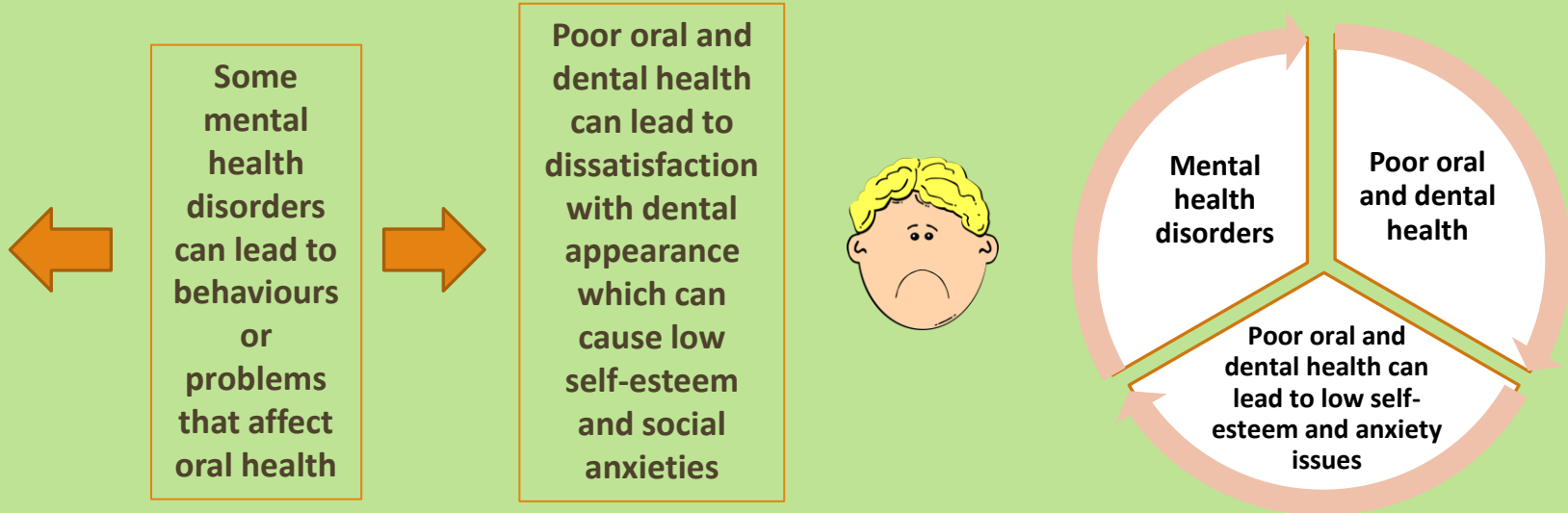


Mental And Dental Health Can Affect Each Other





These can impact on oral health:

- Poor nutrition
- Lack of a toothbrushing routine
- Medication
- Specific behaviours such as over-vigorous brushing
- Anxiety – which can lead to fear of visiting the dentist



Good oral health is essential for general health and wellbeing

Caring for your teeth and gums:

-  Brush teeth twice a day for two minutes, before bedtime and at one other time of the day using fluoride toothpaste containing at least 1,350ppm. Spit excess toothpaste, don't rinse.
-  Clean in between your teeth at least once a day using interdental brushes or floss
-  Cut down on how often you have sugary foods and drinks
-  Visit your dentist regularly



To find your local dentist call 111 or visit www.nhs.uk

It is important to raise awareness of good oral health and dental habits for those people suffering with mental health issues