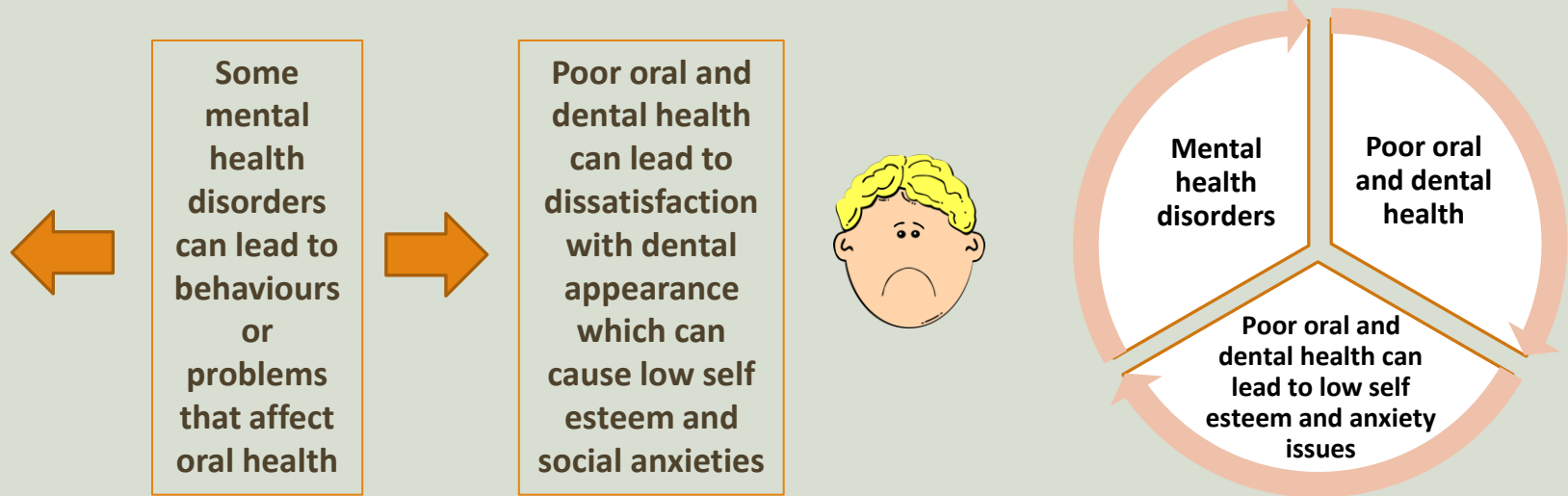


These can impact on oral health:





- 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

Mental And Dental Health Can Affect Each Other



Good oral health is essential for general health and wellbeing

Caring for your teeth and gums:

-  Brush teeth twice a day for two minutes using a toothpaste containing at least 1,350ppm fluoride
-  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 dental 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