

Healthy London Partnership

Groundswell Out of homelessness



Been a while since you smiled?

You have a right to a healthy mouth!





There is an NHS Dental Service nearby that can help you!

Your local NHS dental practice(s) taking patients are:

Call NHS 111 If you need treatment urgently.

You can find other dental practices at www.NHS.uk

Keep your mouth healthy!



Brush your teeth twice a day



Use toothpaste with **fluoride**



Brush for 2 minutes



Cut down on sugary snacks and drinks

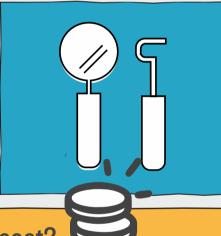


See your dentist as often as they recommend



If you **smoke or drink alcohol** then going to the dentist is even more important.





What does treatment cost?

If you are on most benefits you can get NHS dentistry for **free**. Take proof of your benefits with you each time you go to the dentist. There may be set charges if you are not on benefits.

For more	information	on dental	services	talk to:
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www.groundswell.org.uk

@itsGroundswell

Produced in collaboration with Public Health England, The Healthy London Partnership and Groundswell. Groundswell is a charity that involves homeless people in creating solutions to homelessness. We specialise in supporting people with health issues.