Been a while since you smiled?

You have a right to a healthy mouth!

Keep your mouth healthy!

- Brush your teeth **twice a day**
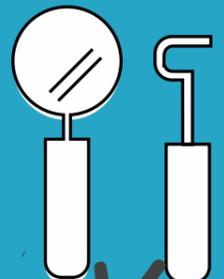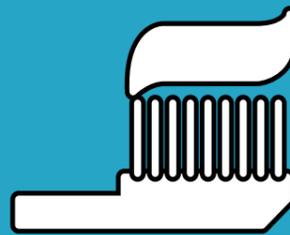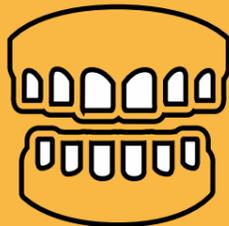- Use toothpaste with **fluoride**
- Brush for **2 minutes**
- Cut down on **sugary snacks and drinks**
- **See your dentist** as often as they recommend
- If you **smoke or drink alcohol** then going to the dentist is even more important.

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

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

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:

Call NHS 111
If you need treatment urgently.

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

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.

Groundswell
Out of homelessness