

Why is a healthy mouth important?

- People with mental illness are more likely to experience bleeding gums and tooth removal.
- Bad oral health has also been linked to heart disease, diabetes, respiratory illness, cancer, and stroke.
- Taking care of your mouth is important for your overall health.
- A healthy mouth allows you to eat, speak, smile and helps your general health and mental wellbeing.



Brush DJ

Brush DJ is a free toothbrush timer app developed by the NHS.

It plays 2 minutes of your favourite music for you to brush to and offers reminders to brush your teeth and when to see the dentist.



Scan the QR code for more information.

Visit a dentist regularly

Visit your dentist regularly for a check-up and a clean.

Free public dental care is available for *eligible Queensland residents*.

For more information contact your dental practitioner or call



13 HEALTH
(13 43 25 84)

Mental Health Alcohol
and Other Drugs Branch
June 2025



Tips to a healthy mouth

Advice for consumers of Mental Health, Alcohol and Other Drug services



Clean your teeth

- Brush your teeth twice a day, after breakfast and before bed.
- Use a soft-bristled toothbrush and fluoride toothpaste.
- Remove plaque between your teeth by using floss or interdental brushes once a day.

How to brush



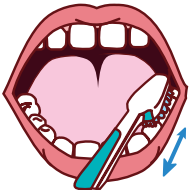
Top insides

Jiggle along every tooth making sure you clean to the gums.



Bottom insides

Jiggle along every tooth making sure you clean to the gums.



Chewing surfaces

Brush along the top and bottom back teeth.



Outsides

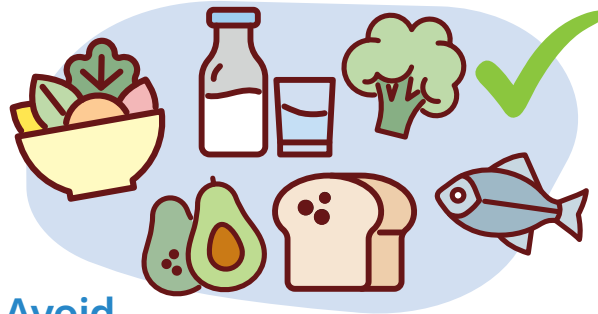
Brush using a circular or up-and-down motion. Start on one side and go all the way to the other side.

Speak with your dentist or oral health professional for instructions on how to brush and floss your teeth.

Daily habit changes

Eat well

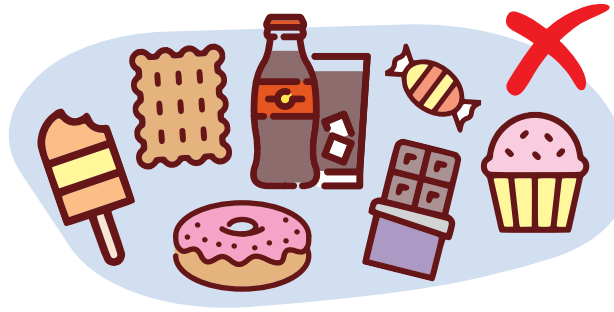
Eat a healthy balanced diet that includes healthier food and drinks.



Avoid

Sweet foods can cause tooth decay.

Avoid snacking on sugary foods throughout the day and drink more tap water.



Reduce smoking and vaping

People who smoke or vape are at a higher risk of developing oral cancer, tooth decay and gum disease. Quitting smoking and vaping can reduce this risk.

For support to quit smoking or vaping, scan the QR code or speak with your doctor.

Reducing the amount you smoke or vape can also help your overall oral health.

Quitline



Impact of alcohol and drugs on your teeth

Alcoholic drinks and drugs can harm your mouth by causing:

- dry mouth
- sugar cravings
- jaw clenching
- tooth grinding

Brushing and flossing your teeth twice a day can help prevent damage.

Dry mouth

Dry mouth is when you do not have enough saliva. Having a dry mouth increases the chances of both tooth decay and gum disease.

Some medicines you take may cause this.

Talk to your doctor if you experience a dry mouth.

