

FREE MENTAL HEALTH Resources and Communities



Free apps that aid with sleep, meditation, and overall mindfulness. Learn more and download: www.smilingmind.com.au/smiling-mind-app and www.insighttimer.com and www.tide.fm/en_US/



For questions about symptoms, medications, and conditions for yourself, your kids, and your loved ones. Go to PatientsLikeMe to gain insights and improve outcomes: www.patientslikeme.com



Hospitality-focused substance use support network. Safe environment for people on the front lines in restaurants, hotels, and other hospitality industries. Go to www.bensfriendshope.com to find a meeting near you or access telephonic meetings.



Promote a positive, supportive workplace. This guidebook offers best practices for managers in the hospitality industry, including communication tactics and tips on improving workplace culture. Access your free guidebook by contacting us at hospitality-health@uhg.com



Text HELLO to **741741** for immediate help in a crisis situation.

CRISIS TEXT LINE |



Emotional support and crisis 24/7 hotline:

Call or text **988** to connect with mental health professionals who will listen, provide support, and connect you to resources.



Substance use disorder helpline:

In crisis? Call **1-855-780-5955** or visit liveandworkwell.com/recovery for immediate help anytime, from anywhere.



Contact hospitalityhealth@uhg.com to receive a free stress relief toolkit.



Find more health and wellness solutions at

healthy-hospitality.org