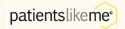
FREE MENTAL HEALTH Resources and Communities



Free apps that aid with sleep, meditation, and overall mindfulness. Learn more and download: www.smilingmind.com.au/smiling-mind-app and www.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 guideebook by contacting us at hospitality-health@uhg.com



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





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 <u>liveandworkwell.com/</u> recovery for immediate help anytime, from anywhere.





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





