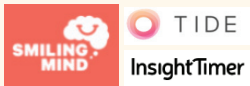


FREE MENTAL HEALTH Resources and Communities



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



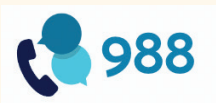
Hospitality-focused substance use support network. Safe environment for people on the front lines in restaurants, hotels, and other hospitality industries. Go to www.bensfriendshope.com to find a meeting near you or access telephonic meetings.



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 hospitalityhealth@uhg.com

CRISIS TEXT LINE |

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 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

