

# FREE MENTAL HEALTH Resources and Communities



InsightTimer

Free apps that aid with sleep, meditation, and overall mindfulness. Learn more and download: [www.smilingmind.com.au/smiling-mind-app](http://www.smilingmind.com.au/smiling-mind-app) and [www.insighttimer.com](http://www.insighttimer.com)



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/join/hospitality](http://www.patientslikeme.com/join/hospitality)



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](http://www.bensfriendshope.com) to find a meeting near you or access meetings via phone.



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](mailto:hospitalityhealth@uhg.com)



**COMING SOON:** Mental Health Ally Certification Program for hospitality. Contact [hospitalityhealth@uhg.com](mailto:hospitalityhealth@uhg.com) for more information.

CRISIS TEXT LINE |

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

## Emotional support hotline:

Need a little support? Call **1-866-342-6892** for help anytime, from anywhere.



## Substance use disorder helpline:

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



Contact [hospitalityhealth@uhg.com](mailto:hospitalityhealth@uhg.com) to receive a free COVID-19 stress relief toolkit with easy things you can do today to help navigate stress and anxiety during the pandemic.