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



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



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 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.

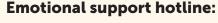
Access your free guidebook by contacting hospitalityhealth@uhg.com



COMING SOON: Mental Health Ally Certification Program for hospitality. Contact hospitalityhealth@uhg.com for more information.



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





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

