

Mental Health / Substance Abuse / Suicide Prevention Resources

Active Minds – Resources to stay mentally healthy during this crisis time. *(free)*

Access a free [resources hub](#) for help during the COVID-19 pandemic, including stress management, community building from a distance, and tips for remote workers.

active minds

Sanvello – #1 rated app for stress, anxiety and depression. *(free)*

Go to the App Store to access premium features for free during the COVID-19 crisis. Includes guided meditation, learning modules, community discussion and daily tips.



PatientsLikeMe - The world's largest personalized health network helps people find new treatments, connect with others and take action to improve their outcomes. *(free)*

Access a community for anyone concerned about symptoms and/or diagnosed with COVID-19, as well as anyone suffering from anxiety and depression, to come together and discuss coping mechanisms and support each other [here](#).

patientslikeme[®]

Ben's Friends – Hospitality-focused substance abuse support network. *(free)*

Join a safe environment with others who understand the unique challenges experienced by people on the front lines in restaurants, hotels, and other hospitality industries. Click [here](#) to find a meeting near you or access telephonic meetings.



Crisis Text Line - In crisis? Text for immediate help anytime from anywhere. *(free)*

Connect with a Crisis Coordinator within 25 seconds on average. Communicate until you feel safe. Text HELLO to 741741.

CRISIS TEXT LINE |

Substance Use Disorder Helpline In crisis? Call for immediate help anytime from anywhere. *(free)*

A person and/or a family member may talk with a licensed recovery advocate about their concerns and needs, get a referral to a professional who can develop a personalized treatment plan and access family support resources. Call 1-855-780-5955, or visit liveandworkwell.com/recovery.



Emotional Support Helpline Need a little support? Call any time, free of charge. *(free)*

This help line is staffed by professionally trained mental health experts. It is free of charge and open to anyone. Call 1-866-342-6892 24/7.



Telemedicine - Mental health + medical visits. Low members-only cost – employers may subscribe for all working and furloughed employees.

Teladoc is offering unlimited, no-copay mental health and medical virtual appointments via their app and website to National Restaurant Association members for \$7 per employee, per month. This cost includes unlimited visits for the employee + entire family. National Restaurant Association members can scan the below QR code to reach the setup page, or click [here](#).



Teladoc[™]
HEALTH