

Free mental health resources and communities



InsightTimer

Free apps that aid with sleep, meditation, and overall mindfulness. Learn more and download: <https://www.smilingmind.com.au/smiling-mind-app> and <https://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: 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. Click [here](#) 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.



The most comprehensive online learning platform on mental health, substance use, and suicide prevention topics in the world. Find free resources here: <https://psychhub.com/resources/mental-health-resources/>.

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 for immediate help anytime, from anywhere.

UNITEDHEALTH GROUP

Contact 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.

