

Mental Health, Substance Use Disorder, Suicide Prevention Resources



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

- Access premium features for free during the COVID-19 crisis. Includes guided meditation, learning modules, community discussion and daily tips. Start your journey with the hospitality-specific offering [here](#).



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, tips for remote workers. Access general resources now. Hospitality specific resources available 10/20.



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

- For questions about symptoms, medications and conditions for yourself, your kids, your loved ones, go to PatientsLikeMe to gain insights and improve outcomes. Hospitality-specific resources: patientslikeme.com/join/hospitality or click [here](#).



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.



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

Mental Health, Substance Use Disorder, Suicide Prevention Resources Available Now



CRISIS TEXT LINE |

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

- Connect with a Crisis Coordinator within 25 seconds on average. Communicate until you feel safe. Text **HELLO** to **741741**.
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Substance Use Disorder Helpline - **In crisis? Call for immediate help any time 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**.
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Emotional Support Helpline - **Need a little support? Call for help any time from anywhere. (free)**

- This help line is staffed by professionally trained mental health experts. Call **1-866-342-6892** 24/7.
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Telemedicine - **Mental health + medical visits. Exclusive cost for hospitality. Employers may subscribe for all part time / full time / furloughed employees. No insurance needed.**

- Unlimited, no-copay mental health and medical virtual appointments for **\$7 per employee, per month**. This cost includes unlimited visits for the **employee + entire family**. National Restaurant Association and state association members can [click here](#) to reach the FAQs and setup page.

Feel free to share these resources!

Questions?

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