

# Mental Health Resources

*For the hospitality industry*



Crisis Text Line – In crisis? Text for immediate help anytime from anywhere. Connect with a Crisis Coordinator within 25 seconds on average. Communicate until you feel safe.  
Text HELLO to 741741.



Active Minds - Access a free resources hub for help during the COVID-19 pandemic, including stress management, self-care and live webinars.



Ben's Friends – Hospitality-focused substance abuse support network.

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. Scan QR code to find a meeting near you.



Sanvello - #1 rated app for stress, anxiety, and depression. Includes guided meditation, learning modules, community discussion and daily tips. Connect with others in the hospitality community here.

