Mental Health Resources

For the hospitality industry

patientslikeme[®]

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.



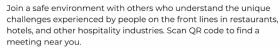
active minds

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.







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.



