

## **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.

*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](#).

*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**.

*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](https://liveandworkwell.com/recovery).

*Optum Help line*: Call our emotional support line any time at [866-342-6892](tel:866-342-6892). This 24/7 Optum Help Line is staffed by professionally trained mental health experts. *It is free of charge and open to anyone.* This free help line is available to anyone who may be experiencing anxiety or stress related to COVID-19.

*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](#).

