

# Mental Wellness Resources for the Hospitality Industry

## CRISIS TEXT LINE |

Crisis Text Line allows you to text for immediate help anytime from anywhere. Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the U.S. to text with a trained crisis counselor.



Connect with others in the hospitality community. Talk to peers who get it. Share, connect, and draw strength from others in the Hospitality Worker Support Community all through the Sanvello app.



Ben's Friends is a hospitality-focused substance-abuse support network. Ben's Friends is the food and beverage industry support group offering hope, fellowship, and a path forward to professionals who struggle with substance abuse and addiction. 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.



Psych Hub is the most comprehensive online learning platform in the world for mental health, substance use, and suicide prevention topics. With options for every audience, Psych Hub is the world's largest online platform for digital mental health education.



PatientsLikeMe is the world's largest personalized health network. It helps people find new treatments, connect with others with similar experiences, and take action to improve their outcomes. Perfect for questions about symptoms, medications and conditions for yourself, your kids and your loved ones.

