

Mental & Physical Health Resources Provided by our Partners at UnitedHealth Group to provide assistance during the Covid-19 crisis. Available now for anyone in the hospitality industry.

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](#).

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.

Optum Emotional Support Helpline **Need a little support? Call any time, free of charge. (free)**

This help line is staffed by professionally trained mental health experts. It is free of charge and open to anyone. Call **1-866-342-6892** 24/7.

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](#).

