

# Mental Health Resources

*For the hospitality industry*



Free personalized patient network, PatientsLikeMe, allows people to connect with others with similar conditions, treatments, life experiences, medications, symptoms, and outcomes. PLM empowers people to learn from each other and heal together, leading to better physical and mental health outcomes.



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

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.

