



MENTAL HEALTH / SUBSTANCE ABUSE / SUICIDE PREVENTION

UNITEDHEALTH GROUP®

UnitedHealth Group®, AAHOA's health care partner, is pleased to offer these resources for all your mental health, substance abuse, and suicide prevention needs.



Active Minds – Resources to stay mentally healthy during this crisis.

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.

[CLICK HERE](#)



Sanvello – No. 1-rated app for stress, anxiety, and depression.

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.

[CLICK HERE](#)



PatientsLikeMe – The world's largest personalized health network.

FREE access to a community for anyone concerned about symptoms and/or diagnosed with COVID-19, as well as anyone suffering from anxiety and depression.

[CLICK HERE](#)



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.

[CLICK HERE](#)



Crisis Text Line – 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.**



Substance Use Disorder Helpline – In crisis? Call for immediate help anytime from anywhere. Talk with a licensed recovery advocate about concerns, get a referral to develop a personalized treatment plan, and access family support resources.

Call 1-855-780-5955, or [CLICK HERE](#)



Emotional Support Helpline – Need a little support? Call anytime.

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



Telemedicine – Mental health + medical visits. Teladoc is offering unlimited, no-copay mental health and medical virtual appointments via their app and website to AAHOA Members for \$7 per employee, per month.

[CLICK HERE](#)



kaia health – FREE virtual program to help with your back pain.

FREE license for Kaia's back pain solution through July 1, 2020. Using your own phone, you can follow the exercise program wherever you are. Sign up now as there are only 1,000 free licenses available.

[CLICK HERE](#)