



RESTAURANT AFTER HOURS
Mental Health Resources for the Hospitality Industry
www.restaurantafterhours.org

Mental Health Crisis Numbers and Resources

Call or Text 9-8-8

For immediate mental health assistance in the US

National Suicide Prevention Hotline (24/7)
(800) 273-8255
(888) 628-9454 for Spanish
www.suicidepreventionlifeline.org

NYC Well (24/7)
(888) 682-9355
Or Text "WELL" to 65173
Multiple languages available
www.nycwell.cityofnewyork.us

Crisis Text Line (24/7)
Text "HOME" to 741741 (US)
www.crisistextline.org

National Sexual Assault Hotline (24/7)
(800) 656-4673
www.rainn.org

National Domestic Violence Hotline (24/7)
(800) 799-7233
www.thehotline.org

Self-Injury Hotline (24/7)
(800) 366-8288
www.selfinjury.com

GLBT National Hotline
Mon-Fri 4pm-12am (EST)
(888) 843-4564
www.gblthotline.org/nationalhotline.html

Rehab Assistance (24/7)
(866) 658-3750
www.sobernation.com

National Alliance on Mental Illness (NAMI)
Information and resources regarding mental health. Learn how to be #Stigmafree
www.nami.org

Self-Management and Recovery Training (SMART)
Global community of support groups, in person or online, helping participants with addiction issues.
www.smartrecovery.org

National Eating Disorders Association (NEDA)
Information and resources for those affected by eating disorders.
www.nationaleatingdisorders.org

Mental Health First Aid (MHFA)
A free public education program focusing on early identification and intervention of mental health issues.
www.mentalhealthfirstaid.org

Restaurant Mental Health and Self Care
A Facebook support group for industry professionals.

Restaurant After Hours
Support groups for hospitality professionals dealing with mental health issues.
www.restaurantafterhours.org

Restaurant After Hours is an IRS recognized 501c3 public charitable organization.
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