

# TOGETHER HOSPITALITY CHICAGO - WELLNESS RESOURCES



**Exercise is Medicine** - The health impact of physical activity



**Headspace** - Free meditation videos available on YouTube and a selection of articles are on their website



**NIH's National Institute on Alcohol Abuse and Alcoholism** - Guide for Treatment for Alcohol Problems: Finding and Getting Help



**The Year Ahead 2025** - Jackson Lewis assesses the factors motivating current and coming changes in employment + labor law



**Wellness Programs Practice** - Jackson Lewis' resources



Small Business Fact Sheet Final Rule on Employer Wellness Programs and Title I of the Americans with Disabilities Act | U.S. Equal Employment Opportunity Commission



Desk Guide to Illinois Employment Statutes, Regulations, and Ordinances



**The Abundance Setting** - Supporting the advancement of working mothers in the culinary industry



**Giving Kitchen's Stability Network** - list of resources for food service workers



**Trek Health** - telehealth platform that provides access to primary and mental health care with no copays and medication discounts



**Work Wiser** - preventative mental health training and assessment for hospitality teams



**Howard Brown Health** - LGBTQ+ discounted medical care and mental health counseling



**Esperanza Health Centers** - bilingual primary care, behavioral health, and wellness access regardless of immigration status or ability to pay



**Ben's Friends** - substance misuse and addiction support group for food service workers

**The National Suicide Prevention Line** is available 24/7 with trained counselors by calling or texting 988

**Nutritional Psychiatry** - Dr. Uma Naidoo and Dr. Drew Ramsey are pioneers in the field, and they've written books (*This is Your Brain on Food* and *Eat to Beat Depression and Anxiety*) and are active on Instagram @drumanaidoo and @drewramseymd.



**Harvard Medical School** - Sleep and Health Education Gateway

