

TOGETHER HOSPITALITY CHICAGO WELLNESS RESOURCES



Nadi Shodhanam (Alternate Nostril Breathing) -A simple yogic breathing exercise that supports calm, focus, and nervous system regulation



Bhramari (Humming Bee) Pranayama - A yogic breathing technique that uses a gentle humming exhale to reduce stress and promote calm



Hope for the Day - a non-profit movement empowering the conversation on proactive suicide prevention and mental health education



Sip of Hope - The world's first coffee where 100% of the proceeds support proactive suicide prevention and mental health education



86 The Silence - A brief anonymous survey about mental health as it relates to the hospitality industry (ENG & ESP)



Midtown Athletic Club - an integrated fitness and wellness organization focused on long-term health and performance



About - Galit offers a transparent example of how to communicate service charges and employee support to guests.



OS Benefits - A benefits platform offering affordable health insurance and wellness perks designed specifically for hospitality teams



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



Soul & Smoke Foundation - supports underserved communities through partnerships and a 24/7 community fridge that provides free meals and food security resources to neighbors in need