



Dear WellWeek Partner:

IHWSH launched WellWeek in 2018 to promote a discussion on mental health in the food and beverage industry, as well as to raise funds for local mental health organizations. In our inaugural year, with help from 33 small businesses, we donated 5K to National Alliance on Mental Illness Greater Houston (NAMI GH), Legacy Community Health and Southern Smoke. WellWeek 2019 saw a doubling of participation with over 7K raised and distributed to NAMI GH, Southern Smoke and Mental Health America Greater Houston (MHA GH). Thank you for making this possible!

In 2020, we did not hold WellWeek, because, well, **2020**. For 2021, with small businesses still suffering from the mental and financial effects of the pandemic, we're changing WellWeek to serve YOU. We've never seen mental stresses such as those we're facing today, so we want to continue raising awareness of these widespread medical problems as well as providing local resources for your teams to access for support.

We have 3 Action Items to share with you:

- WellWeek 2021: Restaurants, bars and coffee shops are again invited to provide a menu item for WellWeek – either [an alcohol-free beverage](#) or a dessert, reminding us that many of us must abstain from alcohol and that depression and anxiety interfere with our ability to recognize the sweeter moments in life. When you post about your menu item and WellWeek, we'll repost and amplify your message. We'll accept donations from your guests through this [link](#), *but no donation is required from you to participate*. Click [here](#) for some recommended text for your social media. We will be distributing [coasters to promote WellWeek and conversation](#) among your team members. Together, we can normalize daily discussion about mental well-being.
- Mental Health Care: We're updating our [resource pages](#). We're also partnering with [The Lovett Center](#); through their practitioner training program, we offer all restaurant employees one-on-one counseling (weekly sessions for 3 months), free of charge. One of the most frustrating things about our current mental health system is that when someone reaches the point where they are ready to accept help, there can be a daunting number of obstacles to overcome to find that help. The Lovett Center and IHWSH are committed to rapidly getting your team member the help they need, as soon as possible. Details and sign up at [this link](#).
- Mental Health Awareness Training Sessions: This year's sessions will be held October 13th on Zoom and led by Robert Hilliker from The Lovett Center. The focus will be on practical tips about how to talk about mental illness and how to respond to an employee experiencing mental health crisis. Please have your [staff sign up here](#) (11 AM session) and [managers sign up here](#) (10 AM session). We'll also make the training sessions available to you via video afterwards.

We hope that this program is helpful to you and your staff. Please don't hesitate to reach out with questions and feedback via info@illhavewhatssheshaving.org

Sincerely,

Sarah Crowl
Honorary WellWeek 2021 Chair

Lori Choi, MD
Cofounder, IHWSH

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