



# Lunch & Learn: Mental Health in Nightlife & Hospitality

Hosted by the Mayor's Office of Nightlife

LET'S TALK OPENLY ABOUT MENTAL HEALTH

Join Us This October

A four-part lunch and learn series dedicated to supporting mental health in Nashville's nightlife and hospitality community.

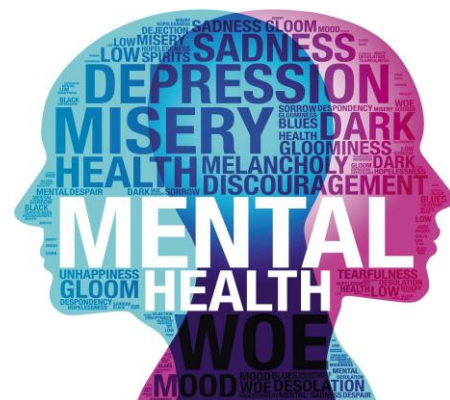
Dates: October 9, 16, 23, and 30

Times: 12:00 PM – 1:00 PM

Location: 150 2<sup>nd</sup> Ave N.

Nashville, TN 37201

Lunch Provided



## SESSION SCHEDULE

**October 9**

Rachel Smith – Biscuit Love  
Topic: Employee Care and Why It Matters

**October 16**

Becky Fridge & Chris Simmons –  
Big Table  
Topic: Mental Health Resources for Hospitality Workers

**October 23**

Lee French, LMSW  
Topic: How to Spot Signs of Distress in Employees

**October 30**

Mike Hotz, MNPD  
Topic: Overview of the Drug Landscape in Nashville

Mayor's Office of Nightlife  
150 2<sup>nd</sup> Ave N.  
Nashville, TN 37201  
615-862-6751  
Nightlife@Nashville.gov

To sign up for sessions please follow the link below:

<https://www.signupgenius.com/go/10C054AAEAA2EA0FAC34-58535756-mental#/>