



## NEWSLETTER

September 2025

### Mayor's Office of Nightlife Announces Four-Part "Lunch and Learn" Series on Mental Health in Nightlife and Hospitality

The Mayor's Office of Nightlife is proud to announce *Lunch and Learn: Mental Health in Nightlife and Hospitality*, a four-part educational series dedicated to addressing mental health challenges and promoting wellness within the nightlife and hospitality industries. The series will be held on **October 9, 16, 23, and 30**, from 12pm – 1pm and is **free and open to the public**. A complimentary lunch will be provided at each session.

The *Lunch and Learn* series will bring together mental health professionals, industry leaders, and community advocates to explore the unique challenges faced by nightlife and hospitality workers. Topics will include employee care and why it matters, mental health resources for hospitality workers, how to spot signs of distress in employees, and overview of the drug landscape in Nashville.

"Nightlife and hospitality are the heartbeat of our city, but the demanding nature of these industries can take a toll on mental health," said Herschel French, Assistant Director of the Mayor's Office of Nightlife. "This series is an opportunity to come together, share resources, and create a culture of care that supports the people who keep our city vibrant."

**Event Details:**

**What:** Lunch and Learn: Mental Health in Nightlife and Hospitality

**When:** October 9, 16, 23, and 30

**Time:** 12pm – 1pm

**Where:** 150 2<sup>nd</sup> Ave N, Nashville, TN 37201

**Signup Link:**

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

The Mayor's Office of Nightlife encourages all nightlife and hospitality workers, employers, and community members to attend and take part in this important conversation.

Be sure to follow us on our social media platforms:

FB: @Nashville Mayor's Office of Nightlife

IG: @Nashvnightlife

The Office of Nightlife was created to act as a liaison between residents, business owners, employees, visitors, and Metro-Nashville government. We focus on issues of noise, cleanliness, public safety, and quality of life.