

Mental health resources for the nightlife industry

When the nightlife industry was disrupted abruptly due to COVID-19, many people experienced sudden unemployment, loss of income and community, exposure to illness and grief. As New York City re-opens, people in the nightlife industry may have continuing mental health concerns. Support is available.

The following resources can help:

- [Restaurant After Hours](#), a non-profit founded by career hospitality industry workers, provides mental health resources for hospitality workers.
- [Focus on Health](#) offers health and wellness programs, a podcast and resources for the food and beverage industry.
- [NYC Care](#) guarantees low-cost and no-cost physical and behavioral health services to New Yorkers who do not have health insurance. All services are provided through NYC Health + Hospitals. To enroll, call 1-646-NYC-CARE (1-646-692-2273).
- [Healthy Hospo](#) offers a digital training platform that supports the physical, mental and emotional wellbeing of hospitality professionals around the world.
- [A Balanced Glass](#) is an online forum that offers knowledge, tools and resources to professionals who work with or around alcohol, to manage long-term health.
- [Ben's Friends](#) brings together chefs, bartenders, line cooks, servers, sommeliers, hosts and hostesses, general managers and owners who have found or are seeking sobriety. **Ben's Friends** offers Zoom and in-person meetings that provide a safe space for members to connect and support one another with compassion and acceptance.
- [Backline](#) is a nonprofit that connects those in the nightlife industry and their families with mental health and wellness resources. Backline offers case management, support groups and free subscriptions to telehealth apps.
- [NYC Well](#) provides free confidential crisis counseling and peer support 24 hours a day, 7 days a week, via call, text and chat in over 200 languages regardless of insurance or immigration status. Counselors also provide information about and referral to ongoing mental health and substance use services. For people in crisis, they can dispatch teams that respond within a few hours for in-person assessment and assistance.
- [New York Project Hope](#) helps New Yorkers understand their reactions and emotions during COVID-19. Call the Emotional Support Helpline at 1-844-863-9314 from 8am-10pm for free, confidential and anonymous support and connection to services near you.
- [NYC COVID Care Network](#) is a volunteer network of 3000+ mental health providers who can offer free emotional support over the phone.
- [NAMI NYC](#) offers peer support groups for individuals living with mental health challenges and/or mental illness. Additionally, NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition.
- [National Restaurant Association Educational Foundation](#) is providing one-time \$500 grants to restaurant workers who suffered financially due to the COVID-19 health and economic crisis.
- [How to Help Someone Who Needs Mental Healthcare](#): If you want to help someone who needs mental healthcare, you can. This guide from the Mayor's Office of Community Mental Health walks you through how to get mental health support for anyone, at any level of need – including what to know, where to look, and who to call.
- [NYC Nightlife United](#) is an action coalition created by and for the nightlife community, which provides meals, emergency grants, and other critical resources to people in the nightlife industry.