



## **PENNSYLVANIA: These Philly Programs Are Connecting Restaurant Workers to Mental Health Resources**

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State: Pennsylvania

[Eater Philly](#) [1]

A Philadelphia nonprofit is helping to support restaurant workers during COVID-19. Founded in 2015, Cooks Who Care promotes wellness in the food and beverage industry, where high rates of stress are common. Since many in the industry have lost work due to the pandemic, the organization is working to connect them with extra support. The Cooks Who Care website now offers a Google Doc listing resources such as free stress reduction classes and reduced-cost telehealth services. Another Philadelphia initiative, led by local chefs in partnership with A Better Life Therapy, is offering free mental health and meditation workshops, in addition to reduced-cost therapy sessions. Providing mental health and financial support to restaurant workers is more important now than ever, said Cooks Who Care founder Maria Campbell.

**Spark Extra!** Learn more about preventing suicide in [workplaces](#) [2].

### **Links within this resource**

[1] <https://philly.eater.com/2020/4/29/21234950/these-philly-programs-are-connecting-restaurant-workers-to-mental-health-resources>

[2] <http://www.sprc.org/settings/workplaces>

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