

2023

BEHAVIORAL HEALTH CARE SYMPOSIUM

SACRAMENTO

# It's OK not to be OK: A Talk About Mental Health in the Workplace

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I GOT  
YOUR  
BACK

Let's "86" mental  
health stigma.

If you or someone you know is feeling  
distressed, struggling with depression or  
substance abuse, or experiencing thoughts of  
suicide, someone's got your back.



Food and beverage service is considered the **unhealthiest industry for employees**. A 2015 study reported out of 18 total industries, the food and hospitality industry has the highest rate of employees with substance use disorder of any industry, as well as being the industry first and third at risk for illicit drug use and heavy alcohol use respectively.

The greater **Sacramento region employs 100,000+ people in leisure & hospitality** and added thousands of jobs to this sector in the last year.

Sacramento County's suicide rate is significantly higher compared to the rate statewide.

Mental and behavioral health is a pressing need in Sacramento communities, so much so that it was the top priority identified in both Kaiser Permanente and Sutter Health Community Needs Assessments conducted in 2016.

**1 in 5**

Americans live with a mental illness.

**17%**

of full-time food service and hospitality employees suffer from substance abuse disorders.

**90%**

of those who die by suicide have an underlying mental illness.

**30%**

increase in the rate of suicide from 1999 to 2016 in the United States.



# THE RECIPE

For A Safe & Sane Workplace



## INGREDIENTS

Resources

More Resources

Even More Resources

Willingness to Change

Show Up

Add a Heap of Vulnerability & a Dose of Reality



# 988

If you're experiencing crisis and / or suicidal ideology, please call or text or chat – Crisis & Suicide Lifeline 988 (press 1 for veterans, press 2 for Spanish).

In the Weeds? There are resource available to you Locally and Nationally, check out The Pantry for some these resources and just ask for help.

For More Information Please Visit the IGYB Website





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Questions?

# Thank You

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