



For immediate release

MEDIA RELEASE

Friday March 26, 2021

Hospitality Saskatchewan unveils new mental health resources to assist sector

With funding support from the Insurance Brokers Association of Saskatchewan (IBAS), Hospitality Saskatchewan will be offering new mental health resources to assist the sector that has been severely impacted by the pandemic.

The first of these resources will be launched at 2 p.m. on Thursday, April 1, with a wellness webinar by Allan Kehler, a best-selling author on mental health issues and a frequent commentator on television and radio. Kehler experienced challenges with mental illness at 14 and overcome a lifestyle of self-destruction and addiction to become one of the country's most sought-after speakers on mental health.

"We are trying to provide relief to our industries owners, managers and staff because of the challenges they have been facing and will continue to face in the weeks ahead," said Jim Bence, CEO of Hospitality Saskatchewan. "We are pleased to offer our members the opportunity to receive specialized education services and access to individual wellness coaching".

Allan Kehler said he is looking forward to assisting the industry as many individuals are struggling with mental health. "The topic of mental health demands attention within the hospitality and tourism industry. Too many individuals are suffering in silence and now more than ever, it's time to talk. Together, we are creating a safe space for people to unite, strengthen connections and receive support," said Kehler.

The webinar is the first of series that Hospitality Saskatchewan intends to release in the coming weeks. Those interested can register for the webinar through the website at www.hospitalitysk.ca under the "News/Mental Health & Wellness" tab. All those who register will receive a link to view the session and ask questions.

Hospitality Saskatchewan has also compiled a variety of on-line resources on the website to assist those who are struggling with mental health issues. The association reminds people that there are supports in place to help people navigate the current crisis.

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