

PRIORITIZING MENTAL HEALTH IN THE HOSPITALITY INDUSTRY

In recent years, the hospitality industry has faced increased mental health challenges, impacting employees at every level. A recent survey found that **over 60% of hospitality workers** reported experiencing stress-related issues. Acknowledging its profound impact, many hoteliers are actively seeking solutions to support their staff's mental well-being.

CANADIAN HOSPITALITY HEALTH PLAN



How the Canadian Hospitality Health Plan Can Help?

The Canadian Hospitality Health Plan (CHHP) is a not-for-profit employee benefits program, dedicated to supporting the well-being of hotel industry employees through comprehensive and accessible services.

1. Comprehensive Counseling for Employees and Families

Counseling Services:

Professional and confidential counseling services for employees and their families are available in multiple formats (phone, video, in-person).

Crisis Support:

Immediate support during mental health crises ensures employees and their families receive help when they need it most.

Educational Workshops and Webinars:

Regular workshops and webinars on mental health topics are available to help employees and their families build awareness and coping skills.



Investing in the mental health of your employees not only benefits them but also strengthens your businesses and the hotel industry. The Canadian Hospitality Health Plan is here to provide the support and resources you need to navigate these challenges and ensure a healthier, happier workforce.

2. Virtual Health Services

24/7 Access to Healthcare Professionals:

Employees can consult with healthcare professionals anytime, anywhere, ensuring timely support for their health needs.

Confidential and Convenient:

Telemedicine provides a private and convenient way for employees to seek help without the need for in-person visits, reducing the stigma associated with mental health issues and providing access to medical professionals that might not be readily available in local clinics.

3. Mental Health Tools

Self-Assessment and Monitoring:

Online tools are available to help employees assess and monitor their mental health, providing early detection of potential issues.

Therapeutic Resources:

Therapeutic resources, including mindfulness exercises, stress management techniques, and resilience-building strategies are available.

For more information on how the Canadian Hospitality Health Plan can support your employees, please visit www.chhp.ca or call 866-744-1632

AVANCE
INSURANCE SERVICES