

# BIG TABLE TOOLKIT

## *Creating Community and Relationships for Coworkers in Crisis*



**YOU ARE NOT ALONE** in caring for your coworkers, but from the moment the bottom drops out for a friend or coworker, you can help even if you are not an expert trained to address the specific issue or have the ability to help financially.

**AS DISCUSSED** in our breakout, things there are a few things that you can do right now to support your colleagues in crisis:

- **Put on your own mask before helping others.** This airline preflight instruction is a great metaphor for care.
- **Use your superpower for paying attention** to guests to pay attention to those you work with – both what they say and what they don't.
- **Ask real questions...** or the next question.
- **When faced with a big need, buy time to gather resources.** *"LETS SEE WHAT WE CAN DO."*

### THE NEED

The highest concentration of need in the nation is hidden behind the smiles of those working in our industry.

Triage care in a crisis is essential, but it alone rarely changes the situation for an individual or family long-term.

*What does is relationship.*

### OUR VISION OF THE FUTURE

What if those in our industry, those serving others, experienced abundant hospitality themselves within life-giving community?

## KEY RESOURCES

You may have local and regional resources that can help address specific needs even if they are not focused specifically on our industry, but here are several key resources that can help our industry:

### BIG TABLE

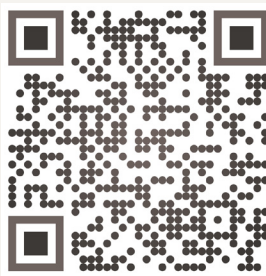
[www.big-table.com](http://www.big-table.com) | City-specific care teams empowered to provide both triage care in a crisis as well as longer term support and coaching.

#### Current Care Cities:

- San Diego CA
- Spokane WA
- Colorado Springs CO
- Nashville TN

*Please reach out via our website if you would like to talk about bringing Big Table to your city.*

Access additional Big Table information and resources here:



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# ADDITIONAL RESOURCES

## BEN'S FRIENDS

[www.bensfriendshope.com](http://www.bensfriendshope.com)



## I GOT YOUR BACK

[www.igotyourback.info](http://www.igotyourback.info)



## DOLLAR FOR

[www.dollarfor.org](http://www.dollarfor.org)



## GIVING KITCHEN

[www.thegivingkitchen.org](http://www.thegivingkitchen.org)



## SOUTHERN SMOKE

[www.southernsmoke.org](http://www.southernsmoke.org)



## ANOTHER ROUND ANOTHER RALLY

[www.anotherroundanotherally.org](http://www.anotherroundanotherally.org)



Formed by several long-time industry members in Charleston SC, Ben's Friends now offers online support groups for those in the food and beverage industry. 23 cities also have local, in-person groups. Their goal is to offer community and a path forward for anyone struggling with substance abuse or addiction.

Launched in Sacramento CA by a chef whose friend committed suicide, I GOT YOUR BACK offers resources and training for teams to empower them to care for each other around mental health issues.

With the permission of I GOT YOUR BACK, Big Table created resources you can download to use their model where you work. [LINK TO KIT](#)

Based in the Portland metro, Dollar For works directly with people to wipe out huge amounts of medical debt that they have accumulated during a crisis or over time.

The Giving Kitchen team offers direct grants to industry workers if the need matches their four areas of focus: injury, illness, the death of an immediate family member, or a natural disaster nationwide. They also provide a stability network of referrals to other options for help.

Southern Smoke operates an emergency relief fund focused on our industry as well as a no-cost mental health program for F&B workers.

Another Round Another Rally offers both an emergency relief fund for hospitality workers and educational resources.

**LEARN MORE ABOUT HOW  
WE CAN WORK TOGETHER.**

| [big-table.com](http://big-table.com) |

