# River Oaks Treatment Center Addresses Mental Health Awareness for LGBTQ+ Workforce



**Raising the Dialogue on Mental Health Awareness in LGBTQ+ Workforce**

*Riverview, Fla.* — As part of ongoing efforts to tackle the intersectionality between mental health and addiction in the LGBTQ+ community, River Oaks Treatment Center stepped into the spotlight at the Tampa LGBT Chamber of Commerce’s annual 2024 Pride in Business Luncheon. Jeff Turiczek, East Coast Divisional Executive for American Addiction Centers—River Oaks' parent company—highlighted the pressing need to address mental health issues prevalent within our communities and workplaces.

The dialogue opened up nuanced conversations around the heightened vulnerability faced by queer individuals when it comes to mental health challenges. As a community, LGBTQ+ individuals are significantly more susceptible to experiencing clinical depression, stress, and anxiety disorders. This is not just speculation; numerous studies corroborate these findings, attributing these mental health disparities largely to societal stigma, discrimination, and the enduring fight for acceptance.

“Building on the great work we do at River Oaks Treatment Center, it was an honour to be chosen by the LGBT Chamber Board to be a panelist and to address the greater Tampa Bay Area during Pride Month,” Turiczek stated. He underscored the essence of cultural competency strategies as a remedy to reduce workplace disparities and discrimination.

In his talk, he drew attention to the pivotal role employers can play by fostering an inclusive work environment that elevates the mental well-being of LGBTQ+ employees. He urged businesses to take active steps in creating safe spaces and supportive structures which, in turn, could reduce the high levels of stress and anxiety often encountered by queer employees due to an unwelcoming work culture.

River Oaks Treatment Center takes a comprehensive and inclusive approach in its treatment programmes, underscoring the unique needs of LGBTQ+ individuals. Offering evidence-based treatment modalities, the centre provides tailored care that addresses both addiction and co-occurring mental health conditions. Turiczek's insights at the luncheon shone a light on the necessity for personalised medical attention that sincerely considers the nuances of queer experiences.

The frank discussion couldn't have come at a more potent time, with Pride Month amplifying the voices calling for equality, recognition, and accessible mental health support. Despite the celebratory surface of the month, it's crucial to remember that many in our community continue to navigate a world that can often be unkind or outright hostile to their identities.

Organised by the Tampa LGBT Chamber of Commerce, the annual Pride in Business Luncheon holds a significant place in the community, providing a space for business leaders, activists, and healthcare providers to congregate and share knowledge on pressing issues affecting the LGBTQ+ populace.

Breaking the silence on mental health within the LGBTQ+ community, particularly in professional settings, is a critical junction in the broader fight for equality and acceptance. When businesses listen and adapt, they can significantly contribute to decreasing the mental health disparities we face.

In a world where mental health is just beginning to be recognised as integral to wellbeing, discussions like these provide hope. It's a hopeful reminder that, as a community, we are progressing towards environments—both professional and personal—that not only accept us but champion our mental health and overall well-being.

If you or someone you know is struggling with addiction and mental health issues, support systems like River Oaks Treatment Center are available, aiming to provide a safe space where healing and recovery can flourish.

So here's to advocating for mental health within our spaces, particularly workplaces. Let’s keep championing inclusivity and understanding, ensuring every member of our beautiful, diverse community gets the support they need. Keep the conversation alive; let's continue to fight for a future where our workplaces are not only inclusive but fundamentally supportive of our well-being.