

Mental Health First Aiders Session Feb 21

15:10:41 From Sebastian Barnes - ABTT to Everyone :

For today's discussion we will be joined by Personal Development Coach, Trainer and Mental Health First Aider Pat O'Toole. Pat helps individuals and organisations improve their mental health and well-being and communicate effectively. She currently works at Rose Bruford College as a Course Director and is involved with The Mental Health Charter for Performing Arts.

Pat will be helping to share her experience and talk about the challenges of embedding mental health and well being into the workplace beyond Mental Health First Aid.

15:17:37 From Mig Burgess - SPEAKER to Everyone : <https://mhfaengland.org/mhfa-centre/research-and-evaluation/mental-health-statistics/#workplace>

15:18:47 From Sebastian Barnes - ABTT to Everyone : A link to Better Workplace Mental Health- Sign The Pledge!

<https://betterworkplacemh.com/pledge/>

15:19:49 From Mig Burgess - SPEAKER to Everyone : Sometimes mental health wellbeing falls under the remit of your HR department.

15:23:08 From Sebastian Barnes - ABTT to Everyone : Welcome latecomers. Please stay on mute for now. Use the Raise Hand function in Reactions button in the discussion parts..

15:23:27 From Sebastian Barnes - ABTT to Everyone : Use your video only if you feel comfortable.

15:33:15 From Sebastian Barnes - ABTT to Everyone : Directory of Resources to Support Mental Health and Well Being can be found here:

<http://www.time4changementalhealthcharter.com/resources.html>

15:34:06 From Sebastian Barnes - ABTT to Everyone :

Pat O'Toole: pat@patotoole.co.uk

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www.patotoole.co.uk

15:34:32 From Anette to Everyone : Very helpful, thank you Pat!

15:35:48 From Sebastian Barnes - ABTT to Everyone : Mig Burgess who is a lifelong mental health patient and advocate for awareness. She will bring her perspective as a mental health sufferer who has used Mental Health First Aiders' and other mental health provisions as a patient.

15:36:09 From Chris to Everyone : very insightful thanks Pat

15:38:08 From Claire to Everyone : Thanks Pat - Great to hear the suggestions gained through your experiences. All ring so useful. Thank you!

15:38:41 From Pat O'Toole SPEAKER to Everyone : Thanks everyone, If I can help, happy to chat

15:56:53 From Sebastian Barnes - ABTT to Everyone : The ABTT have put together a list of relevant resources that may be of help during turbulent times regarding mental health and well-being. Please see below: <https://www.abtt.org.uk/resources-guidance/industry-resources/mental-health-and-well-being-resources/>

15:57:54 From Sebastian Barnes - ABTT to Everyone :
Useful link from Mig's list, <https://www.zerosuicidealliance.com>

15:58:27 From Kath to Everyone : Unfortunately I have to go. Thank you very much for the open and useful conversation. Take care all.

16:01:03 From Anette to Everyone : Thank you Mig

16:01:25 From Ali to Everyone : Thank you - really insightful

16:01:42 From Nikki to Everyone : Thank you for being so open Mig x

16:01:44 From Bill to Everyone : Yes, thank alot Mig!

16:01:56 From Sebastian Barnes - ABTT to Everyone : This evaluation provides an insight into mental health prevalence, attitudes, and support within the UK Technical Backstage Entertainment Industry. This study of 1302 people was commissioned with the Blackout creative team by ABTT, PSA, ALD, ASD, and PLASA.

<https://gsauk.org/sites/default/files/2020%20Images/UK%20Backstage%20Entertainment%20Industry%20Report%20%286%29.pdf>

16:02:21 From Catherine to Everyone : thank you so much for these insights. I love the broken leg metaphor it perfectly explains it. ♡

16:02:37 From Lesley to Everyone : Thanks for sharing Mig. Appreciate you for offering insight.

16:03:20 From Sebastian Barnes - ABTT to Everyone : I'm starting to add links in this chat. Remember you can save this chat, at any point, and links using the Three Dots box at the bottom of the Chat box. It should appear in your Downloads folder.

16:03:48 From Mandy to Everyone : Thank you so much Mig. Each time I hear you speak and hear you share you are so inspiring. M x

16:03:49 From Eleanor to Everyone : HI what suggestions do you have regarding supporting each other - as MHFA team members - knowing that we are not able to share peoples specific problems ?

16:04:14 From Sebastian Barnes - ABTT to Everyone : The Time4Change Mental Health Charter for The Performing Arts has produced a Directory of Mental Health and Support Resources:

<http://www.time4changementalhealthcharter.com/resources.html>

<http://www.time4changementalhealthcharter.com/>

16:05:27 From Sebastian Barnes - ABTT to Everyone : For more information on Mig Burgess' 6-minute immersive mental health installation please see here: <http://www.blackout-immersive.org.uk/>

16:07:56 From Catherine to Everyone : This was my experience in my last employment - I missed the training because I was on holiday when it happened - the folks that volunteered were either people with lived experience or HR and oddly, not very empathetic. And, there was little support for those first aiders once the training was done - they became *the solution* to mental health provision in the workplace.

16:09:01 From Sebastian Barnes - ABTT to Everyone : Thank you for speaking up, Catherine.

16:10:56 From Sebastian Barnes - ABTT to Everyone :

<http://www.time4changementalhealthcharter.com/resources.html>

16:11:20 From Sebastian Barnes - ABTT to Everyone : BackUp – The Technican Entertainment Charity: provides financial support to entertainment technology industry professionals who are seriously ill or injured or to their surviving family members.

<https://www.backuptech.uk/>

BAPAM – The British Association for Performing Arts Medicine (BAPAM) is a unique charity set up to help anyone working in live performance to stay healthy.

In addition, the ISM Members Fund may be able to meet the costs of necessary treatment for members unable to cover these themselves.

http://www.bapam.org.uk/perf_clinics.html

March Network for anyone in the Arts, Culture or Heritage Sectors. It is one of 8 national networks funded by UK Research and Innovation (UKRI) as part of the 2018 Cross-Council Mental Health Plus call to further research into mental health.

<https://www.marchnetwork.org/>

TALK for anyone in the entertainment industry this is a Twitter based peer to peer support group.

<https://twitter.com/talkcommunity1>

TheatreSupport.info– offers centralised information about how and where you can access support if you work in the theatre industry.

<https://theatresupport.info/>

TheatreHelpline.org is a free, independent and confidential phone and email service that provides support to people working in the theatre industry. Trained staff are available to offer support and signposting on any topic which affects your wellbeing.

<https://www.theatrehelpline.org/>

The Theatrical Guild: are a UK charity for backstage and front of house workers, with over 125 years' experience helping people.

<https://ttg.org.uk/>

16:16:15 From Lucy to Everyone : Thank Mig for being so honest and open. I think it's important to note that the Theatre industry, and the extreme stress it can cause, can push anyone to not be able to cope mentally, especially during technical weeks, when tiredness can take over. There are definitely times when a check on how people are doing is critical. I will especially be looking out for staff having to deal with the extra anxiety of covid precautions. Empathy and human kindness is a powerful medicine.

16:18:17 From Jane to Everyone : The problem is with society/the world and not with us. Always trying to fit into something that none of us will ever fit into...

16:18:56 From Mig Burgess - SPEAKER to Everyone : <https://www.zerosuicidealliance.com>

16:18:58 From Denise to Everyone : Thanks Fiona. On a recent tour we worked 5 Days a week instead of 6 so that people had free time for mental health. The benefits on the rehearsal period was fantastic.

16:20:10 From Fiona to Everyone : Yes Denise, a relatively small change that makes a massive difference to both well being and productive.

16:22:08 From Bill to Everyone : Very important that 'S word' isn't taboo and such a stigma in my opinion. Would help me as a student/ patient.

16:23:46 From Dan to Everyone : Couldn't agree more Gav and Mig. Talking about suicide shouldn't be a taboo subject, it needs to be spoken about in a more.

16:24:16 From Anette to Everyone : Actor Anthony Andrews very kindly reminded me early in my career 'We are not saving lives here, we are entertaining people...' :-)

16:25:45 From Katina to Everyone : Also completely agree re: suicide not being a taboo subject. I think its also really important to realise that having suicidal thoughts doesn't mean you have to act on them, and also that talking to someone/asking about suicide isn't going to make them worse. In fact it will probably help

16:25:51 From Ros to Everyone : PIPA are working on this too. Hull truck do 2 session tech days. Am and pm. Finding good practice as examples

16:26:01 From Denise to Everyone : Let's stop working 43 hours over 6 days and do 37 over 5. Producers will have to change.

16:27:57 From Mark to Everyone : +1 Denise

16:28:30 From Lucy to Everyone : It would be great to share good practice that aims to promote well being; to avoid the need for people seeking mental health first aid wherever possible. To reduce stress, burn out, pressure etc

16:30:16 From Bill to Everyone : My thoughts exactly - No-one should doubt their worth etc and be shameful of how they feel. As Mark said - What is being happy and fully living for yourself?

16:30:29 From Chris to Everyone : Thanks Mig and all speakers today , very helpful and offers some hope

16:30:46 From Lucy to Everyone : Thanks Mig and everyone

16:30:59 From Anette Ollerearnshaw to Everyone : Excellent work making this space Mig and the ABTT!

16:31:37 From Sebastian Barnes - ABTT to Everyone : Three events on 25th Feb, 11th March, 25th March. More details at www.abtt.org.uk/events/abtt-mental-health-well-being-personal-development-support-group

Please ensure you are free to attend all three events:

25th Feb: 1st group session facilitated by Katerina Georgiou.

11th March: Peer-led session facilitated by Mig Burgess.

25th March: 2nd group session facilitated by Katerina Georgiou

Session 1: <https://www.abtt.org.uk/events/abtt-mental-health-well-being-personal-development-peer-support-group/>

Session 2: <https://www.abtt.org.uk/events/abtt-mental-health-well-being-personal-development-peer-support-group-2/>

Session 3: <https://www.abtt.org.uk/events/abtt-mental-health-well-being-personal-development-peer-support-group-3/>

16:32:53 From Matt to Everyone : Thanks Mig, Pat and everyone who has spoken this afternoon.

16:33:47 From Ian to Everyone : Mig & Pat, thank you so much this has been invaluable. Thanks too to all of those who have asked questions. I am a freelance live event SM with MH issues and using social media to promote awareness and acceptance of the difficulties and benefits of talking about their MH issues.

16:34:19 From Sebastian Barnes - ABTT to Everyone : <https://www.abtt.org.uk/resources-guidance/industry-resources/mental-health-and-well-being-resources/>

16:36:47 From Anette to Everyone : I fear in reality the return will be worse with companies pushing to get shows up and running and worried about having to commit financially. This may lead to more freelance work and poorer working conditions...

16:37:28 From Jane to Everyone : Race to the bottom happening already.....

16:37:38 From Sebastian Barnes - ABTT to Everyone : For more information about Pat O'Toole please see her website here: www.patotoole.co.uk

16:37:42 From Ali to Everyone : Have to go, but thanks so much for this session - really useful

16:38:42 From Chris to Everyone : Thanks Sebastian - epic work

16:38:55 From Anette to Everyone : Mark I would like to join the working group as a representative from the Hair & Make-up world.

16:40:06 From Mig Burgess - SPEAKER to Everyone : <https://www.thecowshedlive.com>

16:40:14 From Fiona to Everyone : Zoom/Teams Health Etiquette would be a very good thing too in this online immediate, COVID scenario. The Youth Theatre movement has set some guidelines on this I think

16:41:30 From Lucy to Everyone : Thankyou so much Pat, Mig and everyone.

16:42:49 From Chris to Everyone : thanks mig

16:43:09 From Ian to Everyone : Mig - You were brilliant on the podcast

16:44:05 From Pat O'Toole SPEAKER to Everyone : I've got to go, lovely to see everyone!

16:44:29 From Fiona to Everyone : Thank you Pat

16:44:39 From Anette to Everyone : Health, Safety & Wellbeing is everyone's responsibility

16:45:06 From Harriet to Everyone : <https://freelancersmaketheatwork.com/>

16:45:44 From Sebastian Barnes - ABTT to Everyone : Thank you to Mig and Pat for arranging this with the ABTT.

16:46:48 From Mandy to Everyone : Thank you Thank you Mig

16:47:05 From Tom to Everyone : wellbeing@ald.org.uk

16:47:06 From Dan to Everyone : I will bring this up in the next aaptle meeting Mark.

16:47:12 From Catherine to Everyone : I'm working:0(otherwise I would have my camera on

16:47:17 From Nikki to Everyone : Exactly- my thoughts too Dan

16:47:22 From Tom to Everyone : Mark 100% seems like this should be something!

16:47:27 From Anette to Everyone : Lots of love and hope to everyone.

16:47:35 From Bill to Everyone : Thanks Mig, Sebastian and everyone. A very significant topic and conversation.

16:47:41 From Tom to Everyone : I have Pats Email so I may reach out at some point!

16:47:51 From Catherine to Everyone : thanks everyone. I need to go. excellent session ♡♡♡

16:47:59 From Claire to Everyone : Brilliant!! THANK YOU!!! You are fantastic people xx