

00:10:07 From Amy Bodman, ABTT Association Administrator: It is great to have you with us today, while we are just letting the final attendees in, please do let us know in the chat box where you are joining us from – it is always lovely to see the range of attendees at these sessions! The Chat button can be found on the bar at the bottom of your screen.

00:14:41 From Sarah: Hiya, I'm the production administrator at the Unicorn Theatre in London. My boss asked me to attend to feedback info to the wider team.

00:15:12 From Amy Bodman, ABTT Association Administrator: Hi Sarah welcome

00:16:31 From Amy Bodman, ABTT Association Administrator: Mental Health support information. Backup Tech - <https://www.backuptech.uk/> Wellbeing Helpline: 0800 464 7068

They are a Technical Entertainment Charity that provides financial & wellbeing support to technical industry professionals. Can help with emotional support and financial aid.

00:17:05 From Harry Niland: Hi All, Harry here - Head of Production at Shakespeare's Globe. Attending to see what we can do to improve Mental Health for our staff in this area as well as more broadly.

00:17:28 From Amy Bodman, ABTT Association Administrator: Welcome Harry thank you for joining today

00:17:55 From Amy Bodman, ABTT Association Administrator:

BAPAM - <https://www.bapam.org.uk/> Provide safe and effective care to solve health problems and ensure a swift return to creative work and practice. The team are experts in the provision of mental health support, physical care and vocal health advice.

Music Minds Matter - <http://www.musicmindsmatter.org.uk/> Helpline: 0808 802 8008
Available 24 hours a day, seven days a week, Music Minds Matter (MMM) was founded by Help Musicians UK. MMM is a dedicated mental health support line and service for the whole UK music community.

00:20:58 From Brod Mason: Hi, I am a freelance PM, mainly working for Steeldeck, here for general interest.

00:22:23 From Amy Bodman, ABTT Association Administrator: Welcome Brod thank you for joining today

00:25:26 From Sonya Manasse: Hello, I'm Stage Manager for the Hexagon Theatre in Reading.

00:25:55 From Amy Bodman, ABTT Association Administrator: Welcome Sonya thank you for joining us today

00:26:45 From Louise Gregory: Hi, I'm Technical and Production Manager at An Tobar and Mull Theatre.

00:27:15 From Amy Bodman, ABTT Association Administrator: Welcome Louise thank you for joining us today

00:28:28 From Amy Bodman, ABTT Association Administrator: All resources and support information shared in the chat today will be distributed to you via email after the session as well as access to the recording.

00:33:45 From Amy Bodman, ABTT Association Administrator:

Samaritans - 24 hour helpline 116 123 jo@samaritans.org

00:35:18 From Amy Bodman, ABTT Association Administrator: Stay Alive app - <https://prevent-suicide.org.uk/find-help-now/stay-alive-app/> This is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. In addition to the resources, the app includes a safety plan, customisable reasons for living, and a life box where you can store photos that are important to you

00:36:34 From Amy Bodman, ABTT Association Administrator: The Zero Suicide Alliance - <https://www.zerosuicidealliance.com> The ZSA are a charity that work with NHS trusts to raise awareness on suicide and break the stigma. They offer free online suicide awareness training and resources to support people on the topic of suicide.

00:41:14 From Amy Bodman, ABTT Association Administrator: Richmond Fellowship: <https://www.richmondfellowship.org.uk/>

Please note due to the subject matter of this seminar the Q & A Section of the session was not recorded and the chat was not documented.