

## **Mental Health & Well-being sign posting -**

Hi everyone. I do hope you are all well? For those of us that perhaps are not, who are struggling and might be in need of support I wanted to take the time to share some useful sign posting.

Firstly, if you know that you aren't doing well, that perhaps your mental health isn't in a good place remember it's OK to reach out and ask for some support and help. That being said I know all too well how difficult it can be to find the confidence and energy too speak out and admit that you aren't "ok". I wanted to take the time to share some sign posting to some places and resources that you might find can offer you some support.

- Let me first start with this hidden gem call the Hub of Hope:  
<https://hubofhope.co.uk>

I know that people live and work all around the country, so this fabulous web site is a one stop shop for searching the facilities that are available in your areas on a number of different topics. You pop into the search engine your post code, then select the areas of support you are looking for, e.g., depression, bereavement, menopause (and a whole host of other areas). I know all too well that it's a post code lottery as to what areas have better support networks than others, but this is a great place to start to work out what your area might have to offer.

## **Theatre and Live Events Industry Support Options:**

We are very lucky in our industry to have a number of resources and links to charities and groups that dedicated to focussing on well-being. See the list below.

- <https://ttg.org.uk/> - The Theatrical Guild
- <https://musicsupport.org/> Music Support – who also have a help line and offer a free subscription to the thrive app.  
*In September 2024, Music Support are launching 'The Ripple Effect,' The workshop is for anyone supporting colleagues or loved ones struggling with substance misuse and co-occurring mental health challenges within the music industry. We know that substance misuse and mental health challenges don't just affect the individual but can have a severe impact on the well-being of the close bonds that surround them. By offering support to the family and friends of those in need we can help sustain long-term recovery in the individual and their support system.*  
*The workshop will be FREE to anyone who is supporting a colleague or loved one working in the music industry. Register your interest via the application form on their website.*
- <https://www.artsminds.co.uk/> Arts Minds
- <https://www.backuptech.uk/wellbeing-support/helpline/> Backup Technical Entertainment Charity, who also offer financial support and assistance to people backstage. Please note that "Backup" can access and offer grants to offer further mental health support.
- <https://www.bapam.org.uk/> - British Association of Performing Arts Medicine. Please note that "BAPAM" can access and offer grants to offer further mental health support.
- **Music Minds Matter** – [musicmindsmatter.org.uk](https://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.

There is also a very detailed and extensive list of resources that are kept up to date on the ABTT website:

<https://www.abtt.org.uk/resources-guidance/industry-resources/mental-health-and-well-being-resources/>

All of these resources and more can be found at the “time for change mental health charter” which is a updated list of options wellbeing options available in our industry and beyond.

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

### ***For people that might require more immediate support***

If you find that you enter periods of “crisis”. Where you are so overwhelmed and perhaps might not feel that you are safe. By this I mean that you feel suicidal. PLEASE look at the following options.

Reach out in some way. Seek support. There are people out there that want to help and keep you safe.

- **Seek to find your local crisis line number.** Each region has one of these. *(Mine is in Surrey and believe me when I tell you it has been well used by myself over the years.)*

To find your local crisis line number follow this link:

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

The great thing about a local crisis line number is that it can all link back to your GP, so that you don't have to keep repeating yourself. The log can help you later as you begin your journey to seeking more support to help you in the future.

- If you feel like you can't talk.  
**You can text Shout on 85258.** Its free and confidential, and you will get someone respond and converse with you via texts. *(I have tried and tested this when I simply didn't feel I could talk, the messages I found focussed me and managed to get me to calm enough to consider reaching out to the crisis line).*  
<https://giveusashout.org/>

- **Find out if your area has a “SAFE HAVEN”**

They don't operate everywhere, but some areas have these drop-in centres for people that are in crisis. All offer face to face drop ins mostly in out of hours times between 6pm – 11pm, and some offer virtual online safe haven options. There are ones I know off in Surrey, Kent, Medway, Coventry, North West (virtual only). *(Again, tried and tested by myself. It was daunting to go my first time, but the support and sign posting they offered got me to the additional support I now have. Don't forget you don't have to go alone, take a friend or family member if you need too.)*

I'm going to end continuing the topic of suicide and some resources to help in this area. It is a heavily stigmatised topic, and one that perhaps we aren't confident to talk about. You should always feel empowered to ask and allow people to talk about this if someone is feeling overwhelmed with these painful thoughts. If you feel someone isn't safe – ASK THEM. We know that being able to talk about these feelings is the first step to the person being much safer. (See all the resources above on dealing with crisis.)

- **The Stay Alive App. – FREE.** The Stay Alive app 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.  
<https://prevent-suicide.org.uk/find-help-now/stay-alive-app/>
- **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.

I hope you find some of these links and resources useful. Perhaps personally on your own journey to feeling more mentally well, or maybe some of resources and signposting can be used to help with your strategy in dealing with mental health and well-being at work. Either way I wish you all well.

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