

IATSE TRAINING TRUST FUND

# ***MENTAL HEALTH RESOURCES***

NAMI: Mental Health Care Matters.....	2
NAMI: You Are Not Alone.....	3
NAMI: Common Warning Signs of Mental Illness.....	4
NAMI: The Ripple Effect of Mental Illness.....	5
NAMI: It's Okay to Talk About Suicide.....	6
BTS: Know the Warning Signs US.....	7
BTS: Know the Warning Signs Canada.....	11
IATSE: Pandemic Self-Care Tips to Maintain Emotional Resilience.....	15
IATSE: Self-Care Resources.....	16

# Mental Health Care **MATTERS**

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

The average delay between symptom onset and treatment is

**11 YEARS**

## PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

**43%** of adults with mental illness

**64%** of adults with serious mental illness

**51%** of youth (6-17) with a mental health condition

## Adults with a mental health diagnosis who received treatment or counseling in the past year

**25%** of Asian adults

**31%** of black adults

**32%** of adults who report mixed/multiracial

**33%** of Hispanic or Latinx adults

**49%** of white adults

**49%** of lesbian, gay and bisexual adults

*For therapy to work, you have to be open to change. I'm proud to say that I changed.  
**Therapy saved my life.***

– NAMI Program Leader

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)

 NAMI

 NAMICommunicate

 NAMICommunicate

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

 **nami**  
National Alliance on Mental Illness

# You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

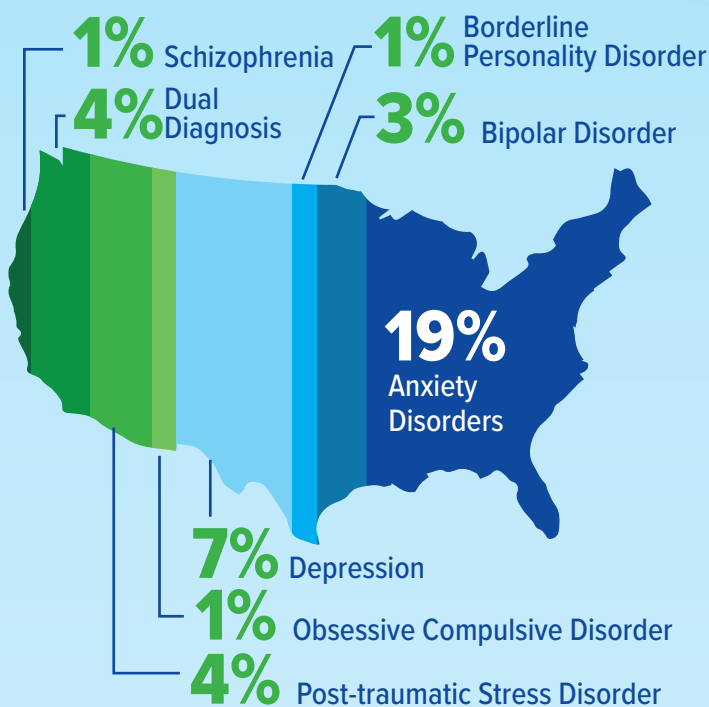
1 in 25

1 in 25 U.S. adults experience serious mental illness

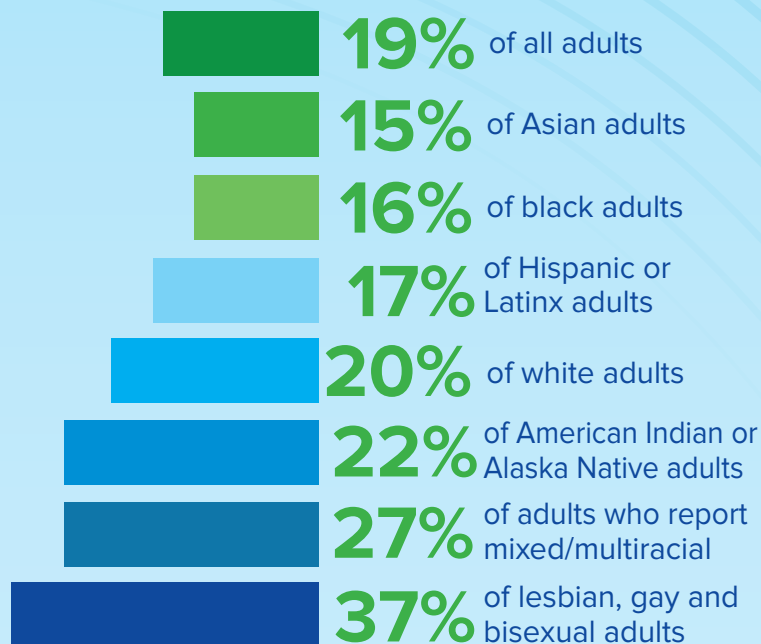
17%

of youth (6-17 years) experience a mental health disorder

## 12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



## 12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



## WAYS TO REACH OUT AND GET HELP



Talk with a health care professional



Call the NAMI HelpLine at 800-950-NAMI (6264)



Connect with friends and family



Join a support group

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)

NAMI

NAMICommunicate

NAMICommunicate

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

**nami**  
National Alliance on Mental Illness

# Common **WARNING SIGNS** of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- ! Feeling very sad or withdrawn for more than two weeks
- ! Trying to harm or end one's life or making plans to do so
- ! Severe, out-of-control, risk-taking behavior that causes harm to self or others
- ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- ! Significant weight loss or gain



- ! Seeing, hearing or believing things that aren't real\*
- ! Excessive use of alcohol or drugs
- ! Drastic changes in mood, behavior, personality or sleeping habits
- ! Extreme difficulty concentrating or staying still
- ! Intense worries or fears that get in the way of daily activities

\*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual.

## WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?



If you notice any of these symptoms, it's important to ask questions



Try to understand what they're experiencing and how their daily life is impacted



Making this connection is often the first step to getting treatment

## KNOWLEDGE IS POWER



Talk with a health care professional



Learn more about mental illness



Take a mental health education class



Call the NAMI HelpLine at 800-950-NAMI (6264)

**50%**  
of all lifetime mental illness begins by age **14**

**75%**  
by age **24**

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)

NAMI

NAMICommunicate

NAMICommunicate

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

**nami**  
National Alliance on Mental Illness

# The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

## PERSON



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



19% of U.S. adults with mental illness also have a substance use disorder



At least **8.4 million** Americans provide care to an adult with an emotional or mental illness

## FAMILY



Caregivers spend an average of **32 hours** per week providing unpaid care



**20%** of people experiencing homelessness also have a serious mental illness

## COMMUNITY



**37%** of people incarcerated in state and federal prison have a diagnosed mental condition



**70%** of youth in the juvenile justice system have at least one mental health condition



**1 in 8** of all visits to U.S. emergency departments are related to mental and substance use disorders



## WORLD



Depression is the leading cause of disability worldwide



Depression and anxiety disorders cost the global economy **\$1 trillion** each year in lost productivity

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)



**nami**  
National Alliance on Mental Illness

# It's Okay to Talk About **SUICIDE**

Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.

Suicide is **NOT** the answer.

**2<sup>nd</sup>** Suicide is the 2nd leading cause of death for people ages 10-34



The overall suicide rate has increased 31% since 2001



Suicide is the 10th leading cause of death in the U.S.

**46%** of people who die by suicide have a diagnosed mental health condition

**90%** of people who die by suicide have experienced symptoms of a mental health condition

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.



Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.



Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.



## HIGH RISK POPULATIONS

75% of all people who die by suicide are male



**4x** Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

Transgender people are 12 times more likely to attempt suicide than the general population

**12x**

If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.



Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)

NAMI HelpLine  
800-950-NAMI (6264)



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

 **nami**  
National Alliance on Mental Illness

# Know the Warning Signs

*These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.*

- Talking about killing oneself or wanting to die; searching for ways to self-harm.
- Referring to others being better off without them or having no reason to live.
- Mentioning feelings of hopelessness, being trapped, or unbearable pain.
- Talking about feelings of guilt and shame or being a burden to others.
- Acting anxious or agitated; behaving recklessly.
- Increasing the use of alcohol or drugs.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Extreme mood swings, showing rage, or talking about revenge.
- Wrapping up loose ends, giving away personal items and saying goodbye to loved ones.

## Suicide Is Preventable

**Call the National Suicide Prevention Lifeline**

**1-800-273-8255**



**Mental Health and Suicide Prevention Initiative**

*See the world in a new light*

[btshelp.org/mentalhealth](https://btshelp.org/mentalhealth)

**Are you worried about someone?**

**#BeThe1To**  
help save a life

*The five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention:*

**1. ASK**

**2. BE THERE**

**3. KEEP THEM SAFE**

**4. HELP THEM CONNECT**

**5. FOLLOW UP**



**BEHIND  
THE  
SCENES**

**V!brant**  
Emotional Health

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



**Mental Health and Suicide Prevention Initiative**  
*See the world in a new light* [btshep.org/mentalhealth](https://btshep.org/mentalhealth)



# BEHIND THE SCENES



## Mental Health and Suicide Prevention Initiative

*See the world in a new light*

[btshelp.org/mentalhealth](https://btshelp.org/mentalhealth)

*If you need to chat or are willing to listen*

### **Be Scene - Be Heard**

Entertainment Industry  
Peer-to-Peer Chat App

Anonymous • 24/7/365

[btshelp.org/chat](https://btshelp.org/chat)



### **Be Scene – Be Heard Peer-to-Peer Chat App – [btshelp.org/chat](https://btshelp.org/chat)**

It can be hard to talk with family and friends about how you're feeling, especially now when you want to be strong for others because that's what you do – you're used to taking care of things. Sometimes it's easier to talk to people who don't know you, but who can relate because they're in this industry too. Maybe you're doing pretty well but you'd be willing to help someone else just by listening and offering a few words of experience.

That's why Behind the Scenes has partnered with iRel8 to launch **Be Scene – Be Heard**, a platform to interact with your peers, talk about what's on your mind, find comfort and knowledge from one another and, perhaps, offer insight to someone who is going through something you already have. Chats are instantly translatable into 54 languages. **Be Scene – Be Heard** is available **Wherever** you are, **Whenever** you need it, for **Whatever** is on your mind.

Find a therapist  
that understands  
what you do!

Entertainment Industry  
Therapist Finder

[btshelp.org/findatherapist](https://btshelp.org/findatherapist)

### **Entertainment Industry Therapist Finder – [btshelp.org/findatherapist](https://btshelp.org/findatherapist)**

Find a therapist who understands what you do! We have partnered with HelpPRO to create an online therapist finder specifically for our industry. Only therapists who have previously seen professionals in the entertainment industry as clients, or who have personal professional experience in the industry themselves are included. Search for a therapist using a simple search form which includes location, insurance accepted, what areas the therapist specializes in, and therapist availability such as whether they see clients remotely or on

nights and weekends. An advanced search is available which also includes such criteria as theoretical approaches, credentials held by the therapist, specific populations they have experience with, and languages spoken.

If you don't find a therapist now, be sure to check back as new therapists are being added all the time. Also, don't forget that in these days when almost all therapy is happening remotely, you can work with a therapist in any location as long as they are licensed in your state. If you know of a therapist who should be included in the finder, please email their contact info to [mh@btshelp.org](mailto:mh@btshelp.org) and we'll get in touch with them.

Understand what  
you're feeling

Take an anonymous  
self-assessment  
screening today

[btshelp.org/screening](https://btshelp.org/screening)

### **Online Behavioral Health Self-Assessment Screening Program – [btshelp.org/screening](https://btshelp.org/screening)**

These free screenings are completely anonymous, private, easily accessible, and quick to complete. They are a tool to check in on a key part of your overall health – your behavioral health – which includes mental health, substance use, and more. The program consists of nine different sets of questions which can help you self-identify symptoms you may be experiencing. You select which of the screenings you wish to take based on how you

are feeling. They will help you understand if what you have been thinking and feeling may be associated with a common, treatable behavioral health issue. Immediately following each screening you will see your results, recommendations, and key resources. Immediately following each screening you will see your results, recommendations, and key resources.

Mental Health and  
Suicide Prevention Initiative

At this difficult time,  
we want you to know  
that you don't have to face  
it alone. Click here for help.

*See the world in a new light*

### **Mental Health and Suicide Prevention Resources –**

**[btshelp.org/resources](https://btshelp.org/resources) or [btshelp.org/canadianresources](https://btshelp.org/canadianresources)**

Finding help when you are going through a difficult time can be overwhelming. A simple internet search can result in hundreds of pages and links and different terminology which can further complicate seeking help. These resource links provide a simple, straightforward way for you to find assistance from 24/7/365 crisis lines to sites for suicide inter-

vention, alcohol and substance misuse, eating disorders, anxiety, depression, and other mood disorders. The information indicates which sites provide substantial information or tools on the subject to help the individual or family members.

# BEHIND THE SCENES



## Mental Health and Suicide Prevention Initiative

*See the world in a new light* [btshelp.org/mentalhealth](http://btshelp.org/mentalhealth)

### #BeThe1To Suicide Prevention Resources – [btshelp.org/bethe1to](http://btshelp.org/bethe1to)

We can all take action to prevent suicide. Most people want to help someone in distress but don't know what to say or do – or are afraid they might make things worse. Evidence shows this is not the case. It is critical to reach out

#### Know the Warning Signs

*These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.*

- Talking about killing oneself or wanting to die; searching for ways to self-harm.
- Referring to others being better off without them or having no reason to live.
- Mentioning feelings of hopelessness, being trapped, or unbearable pain.
- Talking about feelings of guilt and shame or being a burden to others.
- Acting anxious or agitated; behaving recklessly.
- Increasing the use of alcohol or drugs.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Extreme mood swings, showing rage, or talking about revenge.
- Wrapping up loose ends, giving away personal items and saying goodbye to loved ones.

**Suicide Is Preventable**  
Call the National Suicide Prevention Lifeline  
1-800-273-8255

Mental Health and Suicide Prevention Initiative  
*See the world in a new light* [btshelp.org/mentalhealth](http://btshelp.org/mentalhealth)

The first step is to **Know the Warning Signs**. The more familiar you are with the warning signs of suicide, the more likely you are to recognize them.

If you believe someone might be in danger, there are **5 Steps** that can be critical to saving a life. The more familiar you (and everyone around you) are with those steps, the more comfortable you will be taking them.

Posters are available in PDF format in multiple sizes and in English, Spanish and French. Download and print these posters and put them up everywhere you can, including notice boards, breakrooms, and with other safety information.

#### Are you worried about someone?

**#BeThe1To**  
help save a life

*The five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention:*

- 1. ASK**
- 2. BE THERE**
- 3. KEEP THEM SAFE**
- 4. HELP THEM CONNECT**
- 5. FOLLOW UP**



Mental Health and Suicide Prevention Initiative  
*See the world in a new light* [btshelp.org/mentalhealth](http://btshelp.org/mentalhealth)

Each of the **5 Steps** is very straightforward, but implementing them can sometimes be a little daunting. How do you “Ask?” How can you “Keep them safe?” **Practical guidance and examples** for each of the steps is available as PDF or a PowerPoint. A QR code on the 5 Steps poster leads directly to this information on the website.



### Stop Bullying, Harassment and Intimidation – [btshelp.org/stopbullying](http://btshelp.org/stopbullying)

Bullying, Harassment, and Intimidation occur in the workplace on a regular basis. The aim of the BTS Stop Bullying campaign is to help workers and employers alike understand the signs and consequences of this behavior, as well as to encourage all who experience or witness bullying or harassment to speak up, knowing they have a safe space to do so.

The resources provided include a set of posters to raise awareness of words, actions and behaviors that constitute bullying, harassment or intimidation; in-

formation to empower individuals to **Be Informed, Be Aware, Show Support, and Take Action**; and a sample policy and procedures to identify, investigate and resolve instances of bullying, harassment or intimidation and to provide support to those who experience these behaviors.

Together we can help curb this behavior in the workplace. We can improve both psychological and physical safety and encourage a more respectful and supportive workplace.



Are you doing it?  
Are you seeing it?  
Are you experiencing it?

#### WORDS CAUSE HARM

- Spreading harmful rumors, gossip, or innuendo
- Ridiculing or belittling someone; including their ideas or behavior
- Unsolicited commenting on a person's identity, beliefs, or appearance

#### ACTIONS CAUSE HARM

- Misusing authority, power or position against an individual or group
- Preventing an individual or group from being seen and/or heard
- Making unwelcome advances or displaying suggestive behavior

Find more examples at  
[btshelp.org/stopbullying](http://btshelp.org/stopbullying)  
or use the QR code



Mental Health and Suicide Prevention Initiative  
*See the world in a new light* [btshelp.org/mentalhealth](http://btshelp.org/mentalhealth)

# Know the Warning Signs

*These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.*

- Talking about killing oneself or wanting to die; searching for ways to self-harm.
- Referring to others being better off without them or having no reason to live.
- Mentioning feelings of hopelessness, being trapped, or unbearable pain.
- Talking about feelings of guilt and shame or being a burden to others.
- Acting anxious or agitated; behaving recklessly.
- Increasing the use of alcohol or drugs.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Extreme mood swings, showing rage, or talking about revenge.
- Wrapping up loose ends, giving away personal items and saying goodbye to loved ones.

**Suicide Is Preventable**

**Call Crisis Services Canada**

**1-833-456-4566**



**Mental Health and Suicide Prevention Initiative**

*See the world in a new light*

[btshelp.org/mentalhealth](https://btshelp.org/mentalhealth)

**Are you worried about someone?**

**#BeThe1To**  
help save a life

*The five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention:*

- 1. ASK**
- 2. BE THERE**
- 3. KEEP THEM SAFE**
- 4. HELP THEM CONNECT**
- 5. FOLLOW UP**

**Crisis Services Canada**  
**1-833-456-4566**



# BEHIND THE SCENES



## Mental Health and Suicide Prevention Initiative

*See the world in a new light*

[btshelp.org/mentalhealth](https://btshelp.org/mentalhealth)



### Be Scene – Be Heard Peer-to-Peer Chat App – [btshelp.org/chat](https://btshelp.org/chat)

It can be hard to talk with family and friends about how you're feeling, especially now when you want to be strong for others because that's what you do – you're used to taking care of things. Sometimes it's easier to talk to people who don't know you, but who can relate because they're in this industry too. Maybe you're doing pretty well but you'd be willing to help someone else just by listening and offering a few words of experience.

That's why Behind the Scenes has partnered with iRel8 to launch **Be Scene – Be Heard**, a platform to interact with your peers, talk about what's on your mind, find comfort and knowledge from one another and, perhaps, offer insight to someone who is going through something you already have. Chats are instantly translatable into 54 languages. **Be Scene – Be Heard** is available **Wherever** you are, **Whenever** you need it, for **Whatever** is on your mind.

Signing up is easy! Go to [btshelp.org/chat](https://btshelp.org/chat) and enter your email address and click on the link to download the app. Once you're logged in to the app you set your own username so you can be as anonymous as you want. Click on the comedy/tragedy masks icon at the top to enter the Be Scene – Be Heard community. You can create your own groups or invite people for one-on-one chats within the app, giving you the ability to create and tailor your own safe spaces.



### Online Behavioral Health Self-Assessment Screening Program – [btshelp.org/screening](https://btshelp.org/screening)

These free screenings are completely anonymous, private, easily accessible, and quick to complete. They are a tool to check in on a key part of your overall health – your behavioral health – which includes mental health, substance use, and more. The program consists of nine different sets of questions which can help you self-identify symptoms you may be experiencing. You select which (and how many) of the screenings you wish to take based

on how you are feeling. For each screening you answer a brief set of questions that takes only a few minutes. Immediately following you will see your results, get comprehensive information on the subject, and find links to key resources.

These screenings will help you understand if what you have been thinking and feeling may be associated with a common, treatable behavioral health issue. You can also take a screening on behalf of a loved one or friend you might be concerned about to learn more about what they are going through and what help is available.



### Mental Health and Suicide Prevention Resources – [btshelp.org/canadianresources](https://btshelp.org/canadianresources)

Finding help when you are going through a difficult time can be overwhelming. A simple internet search can result in hundreds of pages and links and different terminology which can further complicate seeking help. These resource links provide a simple, straightforward way for you to find assistance from 24/7/365 crisis lines to sites for suicide intervention, alcohol and substance misuse, eating disorders, anxiety, depression, and other

mood disorders. The information indicates which sites provide substantial information or tools on the subject to help the individual or family members.

# BEHIND THE SCENES



## Mental Health and Suicide Prevention Initiative

See the world in a new light

[btshelp.org/mentalhealth](http://btshelp.org/mentalhealth)

### #BeThe1To Suicide Prevention Resources – [btshelp.org/bethe1to](http://btshelp.org/bethe1to)

We can all take action to prevent suicide. Most people want to help someone in distress but don't know what to say or do – or are afraid they might make things worse. Evidence shows this is not the case. It is critical to reach out.

#### Know the Warning Signs

*These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.*

- Talking about killing oneself or wanting to die; searching for ways to self-harm.
- Referring to others being better off without them or having no reason to live.
- Mentioning feelings of hopelessness, being trapped, or unbearable pain.
- Talking about feelings of guilt and shame or being a burden to others.
- Acting anxious or agitated; behaving recklessly.
- Increasing the use of alcohol or drugs.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Extreme mood swings, showing rage, or talking about revenge.
- Wrapping up loose ends, giving away personal items and saying goodbye to loved ones.

#### Suicide Is Preventable

Call the National Suicide Prevention Lifeline  
1-800-273-8255

Mental Health and Suicide Prevention Initiative  
See the world in a new light [btshelp.org/mentalhealth](http://btshelp.org/mentalhealth)

The first step is to **Know the Warning Signs**. The more familiar you are with the warning signs of suicide, the more likely you are to recognize them.

If you believe someone might be in danger, there are **5 Steps** that can be critical to saving a life. The more familiar you (and everyone around you) are with those steps, the more comfortable you will be taking them.

Posters are available in PDF format in multiple sizes and in English, Spanish and French. Download and print these posters and put them up everywhere you can, including notice boards, breakrooms, and with other safety information.

#### Are you worried about someone?

### #BeThe1To help save a life

*The five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention:*

1. ASK
2. BE THERE
3. KEEP THEM SAFE
4. HELP THEM CONNECT
5. FOLLOW UP



Mental Health and Suicide Prevention Initiative  
See the world in a new light [btshelp.org/mentalhealth](http://btshelp.org/mentalhealth)

Each of the **5 Steps** is very straightforward, but implementing them can sometimes be a little daunting. How do you “Ask?” How can you “Keep them safe?” **Practical guidance and examples** for each of the steps is available as PDF or a PowerPoint. A QR code on the 5 Steps poster leads directly to this information on the website.



### Stop Bullying, Harassment and Intimidation – [btshelp.org/stopbullying](http://btshelp.org/stopbullying)

Bullying, Harassment, and Intimidation occur in the workplace on a regular basis. The aim of the BTS Stop Bullying campaign is to help workers and employers alike understand the signs and consequences of this behavior, as well as to encourage all who experience or witness bullying or harassment to speak up, knowing they have a safe space to do so.

The resources provided include a set of posters to raise awareness of words, actions and behaviors that constitute bullying, harassment or intimidation; in-

formation to empower individuals to **Be Informed, Be Aware, Show Support, and Take Action**; and a sample policy and procedures to identify, investigate and resolve instances of bullying, harassment or intimidation and to provide support to those who experience these behaviors.

Together we can help curb this behavior in the workplace. We can improve both psychological and physical safety and encourage a more respectful and supportive workplace.



Are you doing it?  
Are you seeing it?  
Are you experiencing it?

#### WORDS CAUSE HARM

- Spreading harmful rumors, gossip, or innuendo
- Ridiculing or belittling someone; including their ideas or behavior
- Unsolicited commenting on a person's identity, beliefs, or appearance

#### ACTIONS CAUSE HARM

- Misusing authority, power or position against an individual or group
- Preventing an individual or group from being seen and/or heard
- Making unwelcome advances or displaying suggestive behavior

Find more examples at  
[btshelp.org/stopbullying](http://btshelp.org/stopbullying)  
or use the QR code



Mental Health and Suicide Prevention Initiative  
See the world in a new light [btshelp.org/mentalhealth](http://btshelp.org/mentalhealth)



# Pandemic Self-Care Tips to Maintain Emotional Resilience

The sudden stress and uncertainty brought on by a pandemic or other public health emergency can weigh particularly heavy on IATSE workers and the entertainment industry as a whole. The IATSE has teamed up with the Behind the Scenes Foundation to ensure that IATSE workers have access to mental health resources during times of crisis. (See “Resources” section at the end of this document for more information.)

## 1 CULTIVATE FLEXIBILITY

The effects of a pandemic or other public health emergency and the unexpected

disruption to your normal routine may have left you feeling as if you have lost control. Make plans and do the things that are within your control. Do your best to accept the realities and restrictions of this situation.



## 2 STAY INFORMED, BUT TRY TO SET HEALTHY LIMITS.

Avoid people and news outlets that encourage catastrophic thinking. Taking breaks from the news, designating certain times of day to check news updates, and limiting your news outlets to one or two reliable sources can help you stay informed while maintaining your emotional wellness.

## 3



**CONNECT WITH OTHERS.** It is important that you continue to maintain healthy relationships with friends and family at all times. If you cannot meet with your loved ones in person, utilizing communication technology like social media, phone/video calls, and email is a good alternative. The CDC recommends talking with people you trust about your concerns and how you are feeling. Doing so will enable you to build a strong support system to lean on during times of isolation or upheaval.

- ✓ **Remind yourself early and often that you are not alone.** Everyone responds differently to crises, but whatever you are experiencing right now, know that your feelings are valid and that you are not alone.
- ✓ **Find a Pandemic Buddy(s).** It may be useful to make an agreement with a friend or family member to regularly check-in with each other on a schedule that works for both parties. This “pandemic buddy” system is a great way to stay connected and support others while also being supported by them.



## 4

**DON'T BE AFRAID TO ASK FOR HELP.** Asking for help may seem hard, but you do not have to go through this crisis alone. The CDC recommends talking to a clergy member, counselor, or doctor if distress impacts activities of your daily life for several days or weeks. (See the “Resources” section at the end of this document for more information.)



Even in good times, your physical health and mental health are connected. To maintain emotional resilience, always take care of both your mind and your body. Some ways you can do this include:

- ✓ Eat healthy meals
- ✓ Prioritize sleep: avoid anxiety triggers at least two hours before bedtime
- ✓ Have an exercise routine
- ✓ Avoid excessive alcohol and drug use
- ✓ Minimize catastrophic thinking

- ✓ Take breaks to practice mindfulness: stretching, meditating, and taking deep breaths are great ways to center yourself throughout the day

## 6

## BE KIND TO YOURSELF & OTHERS.

It is hard not to be judgmental about coping mechanisms. Remember, everyone reacts to stress and crises differently. Focus on healthy strategies and activities. Try to refrain from criticizing yourself and others.





# Self-Care Resources



## CRISIS HELPLINES

### United States

- 988 Suicide & Crisis Lifeline (formerly the National Suicide Prevention Lifeline): 988
  - The U.S. 988 Lifeline is available via call or text 24/7, 365 days of the year. Lifeline services are available in English and Spanish.
    - 988 Lifeline Website (English): <https://988lifeline.org/>
    - 988 Lifeline Website (Español): <https://988lifeline.org/es/home/>
- SAMHSA's National Helpline: 1-800-662-HELP (4357) and TTY 1-800-487-4889
- Crisis Text Line: Text HOME to 741741 to connect with a Crisis Counselor

### Canada

- 988 Suicide Crisis Helpline (formerly Talk Suicide Canada): 988
  - 988 Helpline is available via call or text 24/7, 365 days of the year. Helpline services are available in English and French.
    - 988 Helpline Website (English): <https://988.ca/>
    - 988 Helpline Website (Français): <https://988.ca/fr>



## MENTAL HEALTH RESOURCES FOR THE ENTERTAINMENT INDUSTRY

- Behind the Scenes Foundation, Mental Health and Suicide Prevention Initiative:  
[www.btshelp.org/mentalhealth](http://www.btshelp.org/mentalhealth)

## CITATIONS

- CDC, Taking Care of Your Emotional Health: <https://emergency.cdc.gov/coping/selfcare.asp>
- CDC, Coping with Stress: <https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>
- Government of Canada, Mental Health – Coping with Stress: <https://www.canada.ca/en/health-canada/services/healthy-living/your-health/lifestyles/your-health-mental-health-coping-stress-health-canada-2008.html>
- (U.S.) 988 Suicide & Crisis Lifeline: <https://988lifeline.org/>
- (U.S.) Crisis Text Line: <https://www.crisistextline.org/>
- (Canada) 988 Suicide Crisis Helpline: <https://988.ca>