

# MENTAL HEALTH SUPPORT RESOURCE LIST

This list aims to help creatives find the right support for challenges which are impacting mental health & well-being. Although not conclusive, we hope the list is a good starting point.

[www.timesupuk.org/rights](http://www.timesupuk.org/rights)

## TIME'S UP

AN ORGANISATION THAT INSISTS ON SAFE, FAIR AND DIGNIFIED WORK FOR WOMEN OF ALL KINDS.

In response to the growing TIME'S UP movement in the US, a group of UK-based women: actors, producers, writers and others from the film, TV and theatre industries catalysed a sister initiative in the UK. For maximum impact it is set up under the TIME'S UP brand and aims to amplify and reinforce the message already promoted in the UK

Time's UP UK is working with the Law Firm on The Independent Standards Authority ("ISA") in May 2022. TIME'S UP UK Guide to Working in Entertainment and the industry's associations, HR departments, unions, guilds, existing guidance and advice. Harnessing industry knowledge and providing an independent investigative body, the ISA would seek to stamp out the bad behaviours that we have sadly seen reported all too often.



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

## CALL IT!

EMPOWERING EVERYONE TO MONITOR AND PREVENT BULLYING, HARASSMENT AND ALL FORMS OF DISCRIMINATION IN THE WORKPLACE.

Support your team by signposting discreet, confidential mental health support services at partner organisations  
Increase productivity at work and decrease absenteeism, presenteeism and staff turnover by supporting staff and freelancers' mental health and wellbeing

Support to Report: facilitating easy access to formal, confidential Dignity at Work policies and procedures

Engender collective and individual accountability for bullying, harassment and all forms of discrimination



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

## FILM + TV CHARITY

MENTAL HEALTH AND WELLBEING SUPPORT FOR ARTISTS AND PRODUCTIONS

If you work behind the scenes in film, TV or cinema, The Film and TV Charity is here to support you. Whether you're a researcher or a writer, in casting or production, editing or sales, distribution or exhibition, we're ready to help.

The Charity has been around since 1924 and today, thanks to the generosity of people and organisations in our vibrant industry, they are able to offer hardworking people in film and TV somewhere to turn. You can expect a friendly ear at the end of our 24/7 Support Line, as well as access to financial advice and support, and help with everything from mental wellbeing, discrimination and harassment, to a whole host of practical tools and resources.



[www.sohomediaclub.com](http://www.sohomediaclub.com)

# MENTAL HEALTH SUPPORT RESOURCE LIST

[www.thehavenlondon.com](http://www.thehavenlondon.com)

## THE HAVEN + LONDON

THE VISION OF THE HAVEN + LONDON IS A WORLD WHERE EVERY CREATIVE IS FREE TO ACHIEVE THEIR CREATIVE POTENTIAL.

We are the only UK Charity solely dedicated to supporting the emotional, spiritual and mental wellbeing of the creative community in London. No other organisation is meeting the specific needs of this fragile but vital community where debt, addictions, depression, anxiety, self-harm and suicides are rife.

In working towards our vision, we have provided emotional and professional support that empowered the creative community to flourish and thrive. This included ongoing pastoral care, professional counselling, networking opportunities, personal development workshops and training opportunities, creative conferences and research.

When in need of a 'Safe Space to Talk' creatives have turned to us. To find out about our latest development and research with Kingston University on mental health, creative minds and 'Listening Spaces,' do get in touch.

THE HAVEN + LONDON

[www.bapam.org.uk](http://www.bapam.org.uk)

## BAPAM

DELIVERS EXPERT HEALTH AND WELLBEING SERVICES FOR THOSE WORKING IN THE PERFORMING ARTS

The breadth of health challenges that may be encountered throughout performing arts careers can range from mental health, musculoskeletal, vocal health and hearing concerns, while common issues such as eyesight and dental health can cause specific problems when performing. BAPAM connects those working and studying in the performing arts with clinical specialists in these fields, and more. We ensure they receive the best possible information and training to prevent poor health as well as care when things go wrong, to support healthy careers and aid recovery from illness or injury.



[www.6ftfrom.org](http://www.6ftfrom.org)

## 6FTFROMTHE SPOTLIGHT

THE HOME OF MENTALLY HEALTHY PRODUCTIONS. WE PUT WELLBEING AND MENTAL HEALTH AT THE HEART OF YOUR PRODUCTION

Our vision is to bring about real change in the Film & TV sector by promoting, designing and implementing positive working cultures. We combine our industry knowledge with our training as mental health, wellbeing, leadership and employment law experts to deliver insightful support to your production and crew.

6ftfromthe  
spotlight



[www.sohomediaclub.com](http://www.sohomediaclub.com)



# MENTAL HEALTH SUPPORT RESOURCE LIST



**Rev Peterson**  
Consulting

## MEDIA CONSULTANT

REV PETERSON CONSULTING

A CONSULTANCY PROVIDING SUPPORT FOR BOTH CREATIVES AND THE WIDER TEAMS WHO WORK ALONGSIDE THEM. HEALTHY ENVIRONMENTS AND RELATIONSHIPS ARE BUILT UPON SUCCESSFUL CONNECTIONS.

Advises on company policy, conflict resolution, cultivating empathetic working cultures and provide pastoral care.

[www.petersonfeital.co.uk](http://www.petersonfeital.co.uk)

## COUNSELLORS



Sarah Carr

SARAH CARR - COUNSELLING

You may be facing an immediate crisis, or dealing with long-standing challenges.

[www.sarahcarrcounselling.com](http://www.sarahcarrcounselling.com)




Louise Greidinger Counselling

LOUISE GREIDINGER - COUNSELLING

Counsellor, BACP registered, working with a diverse range of clients who are feeling challenged, burnt out, stuck or just plain curious about themselves and their thought processes.

[www.louisegreidingercounselling.space](http://www.louisegreidingercounselling.space)

## RESOURCES




GET UNSTUCK  
Change the World, Change your life

### Get Unstuck by Andre Radmall

Andre is a psychotherapist. And life coach. He has worked in Harley Street and the Priory Hospital as well as having a private practice for thirty years. He is an international trainer, teaching in London, Singapore and various other places around the world.

[Buy his book here](#)



TheKingsFund

### The King's Fund

"When we are motivated by compassion and wisdom, the results of our actions benefit everyone, not just our individual selves or some immediate convenience." Dalai Lama

The King's Fund is an independent charitable organisation working to improve health and care in England. Find articles on topics such as Compassionate Leadership

[www.kingsfund.org.uk](http://www.kingsfund.org.uk)