



Film, TV and cinema support services

From writing to casting, production to publicity, broadcast and cinema exhibition, we support the lives of everyone working behind the scenes in our film and TV industry.

If you work in cinema, the current situation may be making you feel anxious. But it's important to remember that you're part of a creative community, and support is available. Speak to your employer about guidance and resources they might be able to offer. We're here for you too.

This booklet contains practical advice and you can speak to us **24/7 on **0800 054 0000** or via our **website****

Financial

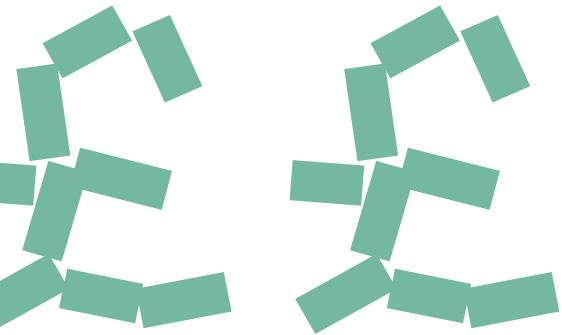
wellbeing

We offer financial advice to help you navigate the current situation and plan for the future in uncertain times. If you're facing urgent or unexpected costs, we might be able to provide a Support Grant to help get you through.

We can also put you in touch with professional legal advisors, who could help with issues like housing or family problems.

If you're in a tricky situation or dealing with lots of issues, we have a team of case workers who can stay in touch over 3 to 6 months to help you find a way forward.

For more information visit
filmtvcharity.org.uk/we-can-help
or call the Support Line on
0800 054 00 00



Don't
feel

No matter what's happening right now, things may feel very different once you've had a chat.

We're always here, on the end of the phone.

Call our free Film and TV Support Line on 0800 054 00 00

Whoever you are, no matter what's on your mind, please call for free and confidential advice.

Our trained team has lots of experience and can give you quick and discreet advice. Call us about legal queries, mental health and wellbeing, financial troubles, family issues, or your hopes and ambitions.

alone

We can provide:

- Phone counselling sessions
- Video therapy
- Up to 6 CBT (cognitive behavioural therapy) sessions of per person
- Professional legal advice
- Trauma, bereavement and relationship support

Or just to chat.

Stay

connected

Join our mental health community

We're working to create a healthier and happier industry. Many of you told us you often felt isolated and left out. However an amazing 86% of you said you would feel comfortable supporting a peer.

We're giving you and your family access to an online mental health platform, delivered by Togetherall. It's a safe space where you can express your thoughts and concerns openly and anonymously.

As well as receiving support in group or 1-1 chats, you can access guided self-help.

Professionally trained guides are always there to monitor the chat and provide advice.

If you're supporting someone close to you, make sure you take the time to look after yourself.

Try it today at

filmtvcharity.org.uk/community



Dealing

with

anxiety

Explore resources developed with you in mind

The amount of information we're bombarded with every day can be overwhelming and it can be difficult to stay calm.

Anxiety is a normal reaction. We all need to manage a certain amount of uncertainty in life.

Our partners Mind have lots of great information on managing your mental health, including mindfulness practices to help you stay grounded in the present moment and stop your mind racing.

Learn more about staying positive during stressful times at [mind.org.uk](https://www.mind.org.uk)

Hints and tips

- Use trustworthy sources of news that are relevant and healthy for you
- Try to avoid gossip, catastrophising or judging others
- Think about your use of social media and whether or not it makes you feel better
- Be prepared – keep an eye on any bad habits, like eating or drinking too much, which could make you feel worse

You can find more advice on managing your mental wellbeing [online](#).

Work worries

Covid-19 is placing huge financial pressure on our industry, and the possibility of redundancy could be causing worry.

Whether expected or sudden, redundancy can cause huge uncertainty, stress and anxiety, and can make existing mental health problems worse.

You can learn more about your rights during redundancy via **Acas**.

Our partner **Mind** have good advice on coping in this situation. As well as knowing your rights in redundancy, this includes tips to:

1. Take stock of how you're feeling
2. Manage your money
3. Cope with uncertainty
4. Keep busy, or take time off

Visit Mind's website for more information. Remember, you can always call us if you want to talk.





**FILM + TV
CHARITY**

We help with life
behind the scenes

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Get involved

We're here to support you, to create a healthier and happier industry, ready to take on the challenges of tomorrow when life returns to normal.

Everything we do is about you.

Follow us:

@FilmTVCharity

Register for emails at:

filmtvcharity.org.uk/keep-in-touch