



Mental Health and Suicide Prevention Initiative

See the world in a new light

btshelp.org/mentalhealth



Mental Health First Aid Training – btshelp.org/mhfa

Mental Health First Aid is a skills-based training course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem, or experiencing a crisis, and help connect them to the appropriate care. Most of us would know how to help if we saw someone having a heart attack—we'd start CPR, or at the very least, call 9-1-1. But too few of us would know how to respond if we saw someone having a panic attack, or if we were concerned that a friend or co-worker might be showing signs of alcoholism.



Mental Health and Suicide Prevention Resources

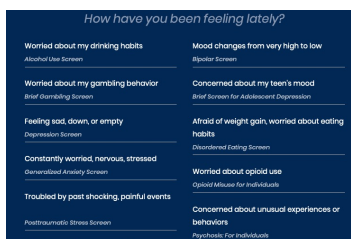
btshelp.org/resources or btshelp.org/canadianresources

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 anxiety, depression, alcohol and substance misuse, eating disorders, suicide intervention, and more. The information indicates which sites provide substantial information or tools on the subject.



Entertainment Industry Therapist Finder – btshelp.org/findatherapist

Find a therapist who understands what you do! We have developed 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 by location or by state which includes insurance accepted, the therapist's specializations, and 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, their gender and racial identity, and languages spoken.



Online Behavioral Health Self-Assessment Screening Program

btshelp.org/screening

These free screenings are completely anonymous, private, 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 thirteen different screenings 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.



Be Scene – Be Heard Peer-to-Peer Chat App – 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.



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#BeThe1To Suicide Prevention Resources – 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

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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, break-rooms, 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**

SUICIDE PREVENTION LIFELINE 1-800-273-8255 BEHIND SCENES Vibrant SAMHSA

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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

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; information for those who are targets of or witnesses to bullying; information 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.

STOP BULLYING

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

WORDS CAUSE HARM

- Spreading harmful rumors, gossip, or innuendo
- Mocking 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 or use the QR code

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Sample Language for Toolbox Talks – btshelp.org/toolboxtalks

Language about mental health and respectful workplaces should become a part of every toolbox talk or safety briefing because psychological safety is as important as physical safety. It's not always an easy subject to talk about though, so to make it easier for those delivering these talks we are suggesting topics and providing sample language that

can be used as is or tailored to fit individual needs. In addition to the sample language provided under each topic, we also offer a selection of brief pre-scripted talks. It is important to acknowledge the mental and physical stressors and challenges faced by all of us in the entertainment industry and offer your team tools to help them better manage and respond to these challenges.