

Events Industry Mental Health Resources

Consolidated list of Events Industry Mental Health Resources

Alongside others, as a result of the COVID-19 pandemic, the events industry suddenly stopped work in March. Indoor and outdoor events including sports, entertainment, music, festivals, theatre, conferences and gala dinners, exhibitions, brand experiences, business meetings and incentive travel, promotional events, corporate hospitality and weddings were all cancelled.

As other industries now begin to return to work, whilst restrictions upon capacities and social distancing remains in place a large number of these events are no longer viable, and the people who organise and deliver them remain out of work.

For many of these people, on furlough, facing or having been made redundant, those who've fallen through the cracks and haven't had access to financial support, even those still at work in an industry that's changing, this has been and remains a hugely stressful time with no clear end in sight.

Whilst there are a number of industry campaigns working towards securing financial support, removing restrictions and helping people get back to work, for lots of people it feels like time is running out and there's nowhere to turn.

If this is you, if you're experiencing stress, mental health issues or if it simply feels like it's getting too much, it's important to get help and support, whether this be from a partner, friend, colleague or professional. It's good to talk and it's important not to suffer alone.

Whilst the situation has changed over the past few months, a June 2020 report produced by Stress Matters captures this well:

We all suffer from stress from time to time, a little pressure is good for us - it gives us adrenalin and that motivation. It's deemed a problem when the amount of everyday stressors grow higher and higher, to the point where somebody emotionally 'snaps' i.e. burnout. However with the current situation, the level of everyday stressors has increased dramatically. Being kind to yourself and to others has been a major theme of our communications recently. It is OK to be finding this tough, there is a high level of uncertainty and we have seen the impact that sustained stress can have. Self-care is our way of looking after ourselves, reducing that stress bit by bit. What are your coping strategies when you feel stressed?

Finding help, strategies and resources isn't easy and there doesn't seem to be a single industry resource sign-posting them. Towards this, below are some links to industry resources you can access that will hopefully help.

Mental Health

[Eventwell](https://eventwell.org/support/)

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Eventwell is a registered community social enterprise (not for profit) set up to be the event industry's charitable community and support service for mental health and wellbeing. Their website offers a helpline you can contact via email, text or WhatsApp. There are also groups on LinkedIn and Facebook offering support and advice.

EventWell Infoline - Freephone 0800 470 0958

A free and confidential infoline open from 9am - 10pm for event and creative professionals to ask about:

- their mental health and wellbeing
- the mental health and wellbeing of a colleague, peer or friend
- stress management and resilience
- where they can go for professional help and support
- the treatment options available
- advocacy services available
- support available from EventWell

<https://eventwell.org/support/>

EventWell Pledge - Peer to Peer ProBono and Financial Support

A free and confidential peer pledge programme for event and creative professionals to come for specific probono and financial support, with pledges including:

- CV reviews and professional mentoring
- Lived experience counselling and support
- Financial support including help with grocery shops, utility bills, accommodation

<https://eventwell.org/eventwell-pledge/>

EventWell Evolve

A free and group mentorship scheme designed to help event and creative professional mentees for a period of three months better manage stress and build their resilience.

<https://eventwell.org/eventwell-evolve-2/>

Wellbeing in Events Peer Support Groups

Our free and private facebook and LinkedIn groups for event and creative professionals. Daily interactive discussions and support with a bi-weekly digital campfire chat offering health and wellbeing support, advice or just somewhere to come to talk with peers and mental health first aiders and EventWell Champions.

<https://www.facebook.com/groups/wellbeinginevents>

<https://www.linkedin.com/groups/8911079/>

Stress Matters

<https://www.stressmatters.org.uk/>

Stress Matters is an events industry specific workplace wellbeing organisation focused on generating insights, creating accountability and providing support.

The website contains links to access to confidential 'Support Circles', running Wednesdays at 8.30pm on Zoom, providing an opportunity to listen, talk and support other industry colleagues. Registration isn't required, you can jump straight in using Meeting ID: 82595995950 and Password: 455098. ' Buddies Matter' is a free peer-to-peer support scheme for event professionals, particularly freelancers with the aim of matching people together to provide mutual support. You can access this using this link: <https://www.stressmatters.org.uk/buddies-matter>. Stress Matters also host public mental health first aider training sessions for the events industry every fortnight. Due to their relationship with Unique Venues of London these are subsidised for the industry and those that have been made redundant can access free mental health training by registering on the Stress Matters website. <https://www.stressmatters.org.uk/events>

The website also contains a wealth of information and good advice.

Young Minds <https://youngminds.org.uk/> and **The Mix** <http://www.themix.org.uk/> are also worth checking out, offering support specifically focusing on young people under 25.

Music Support

<https://www.musicsupport.org/>

Music Support is a registered charity founded and run by people from the UK music industry, for individuals in any area of the UK music industry suffering from mental, emotional and behavioural health disorders (including but not limited to alcohol and drug addiction). The current services offered are as follows:

1. [Helpline 0800 030 6789](tel:08000306789), Monday – Friday 9am – 5pm
2. [Thrive app](#) (with txt based coaching), NHS approved app for prevention, early detection and management of anxiety, depression, and stress. 12-month access for free to industry peers.
3. [Mental Health First Aider training](#), MHFA England approved provider
4. Weekly [Online 12 Step Support Group](#) meeting for industry peers in recovery from addiction

Back Up Tech

<https://www.backuptech.uk/>

Backup provides financial support to entertainment technology industry professionals who are seriously ill or injured or to their surviving family members. Grants are tailored to each individual and uses can include basic living costs, medical related expenses, transportation, and funeral expenses.

BAPAM

<https://www.bapam.org.uk/>

The British Association for Performing Arts Medicine (BAPAM) is a healthcare charity giving medical advice to people working and studying in the performing arts. BAPAM help you overcome (and preferably avoid) work-related health problems and are dedicated to sharing knowledge about healthy practice. BAPAM help support musicians with free and confidential GP assessment clinics, and referrals to the best treatment available.

Help Musicians

<https://www.helpmusicians.org.uk/>

Help Musicians is an independent UK charity for professional musicians offering a 24/7 helpline alongside health and welfare support.

Music Minds Matter – 24/7 Helpline

W: musicmindsmatter.org

T: 0808 802 8008

E: MMM@helpmusicians.org.uk

Available any time of day or night for a listening ear; it doesn't have to be a crisis. They have trained advisors that are here to listen, support and help at any time. Through calling MMM, eligible musicians can access free face-to-face, telephone or online Cognitive Behavioural Therapy (CBT).

Health and Welfare Support

E: help@helpmusicians.org.uk

The Health and Welfare team offers structured support to professional musicians in times of crisis. This support can include financial assistance for health interventions and signposting for debt/welfare related issues. They offer support to access music specialist health assessments in relation to performance related health issues that a musician may be experiencing. The Health and Welfare team's approach is person-centred; building tailored support around an individual's

specific needs.

The Theatrical Guild

<https://ttg.org.uk/>

A UK Charity for backstage and front of house workers, with over 125 years' experience helping people. Talk to them for practical help at any stage of your career – from welfare and debt advice to financial support and counselling.

MIND

<https://www.mind.org.uk/>

MIND provide [advice and support](#) to empower anyone experiencing a mental health problem.

MIND [campaign](#) to improve services, raise awareness and promote understanding.

MIND provide an Infoline, which offers callers confidential help for the price of a local call; a Legal Line, which provides information on mental health related law to the public, service users, family members/carers, mental health professionals and mental health advocates.

The MIND website also contains a number of publications and information.

There's also a network of 125 x local MINDS across England and Wales that offer specialised support and care based on the needs of the communities they support.

Samaritans

<https://www.samaritans.org/>

Samaritans are a 24hr, 7 x days a week helpline. Every seven seconds, Samaritans answer a call for help, day or night, for anyone who's struggling to cope, anyone who needs someone to listen without judgement or pressure.

You can call Samaritans on 116 123 or email jo@samaritans.org

CALM

<https://www.thecalmzone.net/>

The Campaign Against Living Miserably (CALM) is leading a movement against suicide.

Every week 125 people in the UK take their own lives. And 75% of all UK suicides are male.

Even when times get tough, there's always someone there to help

When life gets uncertain, it can be hard to know where to turn. It's easy to feel alone, confused, concerned, even desperate. And you know what? Those feelings are completely normal. But that doesn't make them any less difficult or scary. That's why CALM runs a free and anonymous helpline, 7 days a week, 365 days a year, from 5pm to midnight. So no matter you're going through, you'll never need to go it alone. To speak to someone, simply call 0800 585858 or visit www.thecalmzone.net/help.

SANE

<http://www.sane.org.uk/>

SANE is a leading UK mental health charity working to improve the quality of life for anyone affected by mental illness.

SANE provides emotional support, guidance and information to anyone affected by mental illness, including families, friends and carers. Although the previous SANEline number cannot operate at the moment, you can leave a message on 07984 967 708 giving your first name and a contact number, and one of our professionals or senior volunteers will call you back as soon as practicable. You can also email SANE at support@sane.org.uk, and they will respond as soon as possible. The normal Support Forum and Textcare services are still open.

If you're having a difficult time, or worried about someone else PLEASE, be kind to yourself and talk to someone.

Financial Advice

There are a number of non-industry specific resources available via the links below.

<https://www.moneyadvice.service.gov.uk/en/articles/coronavirus-and-your-money>

<https://www.stepchange.org/>

<https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/chat-service-money-and-debt/>

<https://www.debtadvicefoundation.org/>

<https://www.businessdebtline.org/>

<https://www.gov.uk/coronavirus>

<https://www.gov.uk/universal-credit/eligibility#content>

<https://www.gov.uk/guidance/claim-a-grant-through-the-coronavirus-covid-19-self-employment-income-support-scheme>

Representation.

BVEP

<https://www.businessvisitsandeventspartners>

The Business Visits & Events Partnership (BVEP) is an umbrella organisation representing leading trade and professional organisations, government agencies and other significant influencers in the business visits and events sector. Their website contains a wealth of information and updates from government.

PSA

<https://www.psa.org.uk/>

The PSA is the trade association for companies and individuals involved in the live event production industry. The PSA website contains a wide range of information including a section on COVID-19 and links to mental-wellbeing <https://www.psa.org.uk/pages/mental-wellbeing> including information on Stagehand - The PSA Welfare and Benevolent Fund.

There are a number of industry campaigns providing representation including:

<https://www.wemakeevents.com/> campaigning for financial support, primarily for production suppliers and staff who are responsible for delivering events

One Industry one Voice #WeCreateExperiences <https://mustbeonit.com/oneindustryonevoice/> is a campaign aimed to raise consumer confidence to attend events. This is led by the BVEP and includes representation from agencies across the events industry coming together under the banner of 'One Industry One Voice'.

<https://www.ukmusic.org/policy/let-the-music-play/> is a UK music campaign lobbying government for a timetable to re-open venues without social distancing, a financial support package and VAT exemption on ticket sales.
