

Am I Struggling? Check for:

- Low mood lasting 2+ weeks
- Sleep changes or constant fatigue
- No joy in work I usually love
- Increased substance use
- Relationship conflicts at work
- Feeling overwhelmed by emotions

Before I Ask for Help:

- Identify who to talk to (stage manager, production coordinator, producer, union rep)
- Decide what I'm comfortable sharing
- Know what I need (schedule change, time off, modified duties)
- Practice what I'll say

Quick Coping Strategies:

- **5-4-3-2-1 grounding:** Name 5 things I see, 4 I hear, 3 I feel, 2 I smell, 1 I taste
- **Box breathing:** Breathe in 4 counts, hold 4, out 4, hold 4
- **STOP method:** Stop, Take a breath, Observe, Proceed mindfully
- **Micro-break:** 5-minute walk or stretch
- **Boundary phrase:** "I need to step away for a moment"
- **Hydrate & eat:** Low blood sugar worsens stress

My On-Set/Venue Contacts:

Safety Lead: _____

Production/Stage Manager: _____

Union Rep: _____

Arts & Entertainment Resources:

Acts safe Safety Association: actsafe.ca

- Health and safety support for BC's arts and entertainment industry

Calltime Mental Health: calltimementalhealth.ca

- Free, confidential peer counselling for film and TV workers

The AFC (formerly Actors' Fund of Canada):
theafc.ca

- Emergency financial aid and Navigator support service for entertainment professionals

Canadian Actors' Equity Association (CAEA):
caea.com

- Professional association promoting safe, harassment-free live performance workplaces

Professional Association of Canadian Theatres (PACT): pact.ca

- Leadership training and HR resources for professional theatre companies

Arts BC: artsbc.org

- Professional development and free legal guidance for BC arts workers

Crisis Resources (Save in Phone)

Suicide Crisis Lines: 1-800-784-2433 or 9-8-8

Mental Health Support Line: 310-6789

Drug and Alcohol Info and Referral: 1-800-663-1441

Emergency Services: 9-1-1

KUU-US Crisis Line (Indigenous Peoples):
1-800-588-871