**Behind the Scenes Foundation: Mental Health First Aid Entertainment Industry-Specific Scenarios**

**December 15, 2020**

**SCENARIO 1**

**Part 1**

Paul is a member of your crew. You do not know him well, but he is usually a happy guy who is pleasant to work with. Lately, you notice that he has been withdrawn, and you have heard through the grapevine that he may be getting a divorce.

You and Paul have never been close friends, but in the past, he was the one to organize social events like birthday parties and after-work outings. He always loved being part of the crew. Yesterday, you and Paul were leaving work at the same time and you joked with him that your birthday was coming up and that you hoped he was planning to organize your party. Immediately after the comment, Paul turned on you and snapped “organize your own damn birthday party!” Paul must have realized you were upset and turned to you to say “forget about me man” before stomping away.

**Part 2**

A few days after your experience, Paul confides in you that he is having marriage troubles which he believes are a result of him working long hours. Paul’s wife is pressuring him to move out and he does not know what to do. She told him “you better find an apartment” because she plans to stay in the house with their two kids.

Paul mentions that they had been seeing a marriage counselor, but he thought the counselor was completely on his wife’s side so it was a waste of time. He asks you to take over the duties of planning the crew birthday parties because he doesn’t feel up to it anymore. You agree but you feel terrible.

**Part 3**

Paul has been going around all day telling everyone that he has to move, and he is trying to get rid of some of his stuff. He is giving away a lot of his tools. You tell him that he doesn’t have to do that, you can store his tools until he is settled in his new place. Paul responds, “Thanks but it’s not necessary.”

While you are talking to him, you get the feeling that he might be on something, but you do not know enough to be able to tell for sure.

**SCENARIO 2**

**Part 1**

Everyone was glad when Eileen, the Head of the Makeup crew, came back to work after taking two months off to recover from a surgery. You are especially glad because Eileen lives in your neighborhood and used to drive you home on days when you finished work at the same time.

Tonight, was the first night that Eileen gave you a ride home since her surgery and you felt that her driving was a little erratic.

**Part 2**

A week later, you are having lunch with a friend of yours who also works in the Makeup Department. Your friend tells you that he is concerned about Eileen. He says that since the surgery Eileen has been completely different. She is not doing her own work, often appears distracted, and has disappeared a few times mid-shift which is very unlike her.

On the ride home that evening, Eileen tells you that she is having a hard time getting back into the flow of things after being off work for so long, but that she is confident she’ll be fine after a week or so. Her driving is a little better, but you notice that there is a dent in her car that was not there before.

**Part 3**

A few days later, you have plans to drive home with Eileen again after work. On your way to the car, Eileen stumbles and her bag falls to the ground. You immediately drop down to help Eileen pick up the mess. As you begin to collect her belongings, you notice that 6 prescription pill bottles have fallen to the ground. Some of the bottles are prescribed to Eileen, but a few are prescribed to different people.

It suddenly dawns on you that Eileen may be taking too many pain meds.

**SCENARIO 3 (Possible opening scenario for group exercise)**

**Part 1**

You and Joe have been work-friends for 15 years. He’s a big gruff guy who not everyone likes, but you have always shared similar interests and got along well. Lately Joe has seemed off, but you can’t really put your finger on it. When you ask him how he is doing—mentioning that he seems a little down—he responds, “Everyone gets sad sometimes. Leave me alone.”

**Part 2**

Ever since you spoke to Joe, he has grown more distant from you. He has also called in sick a couple of times from work. When he came in to work today, he was a mess and looked as if he hadn’t taken a shower in a week.

Everyone on the crew is whispering about it, but no one feels comfortable saying anything to Joe.

**Part 3**

Today, Joe called in sick again. You decide to stop by his place on your way home from work with food from his favorite restaurant in town.

When you get there, Joe is sitting on the porch by himself. He starts to cry when he sees you and tells you how sad and hopeless he feels. You are very concerned and try to listen, but you are not sure what to do.

**SCENARIO 4 (Possible opening scenario for group exercise)**

**Part 1**

Janet has always been a tough boss. She can be demanding at times, but everyone on the crew likes working for her. Recently, however, Janet has become very irritable, losing her cool at the slightest mistake and yelling at her team for no apparent reason.

**Part 2**

Today at the beginning of your shift, Janet started screaming at your coworker Isaiah for being 10 minutes late. Isaiah is not usually late, and Janet’s reaction was not appropriate, especially in front of the whole crew.

After the incident, Janet walked out. When she came back an hour later, she had pulled herself together but acted like nothing had happened. The whole crew is freaked out.

**Part 3**

Later that day, after your shift is over, you get out to the car and realize that you left your cellphone inside. When you go back into the building, you find Janet sitting by herself crying. There is a small bottle of vodka open next to her. She sees you immediately. It is an extremely awkward moment, but you feel you really need to say something.

**SCENARIO 5**

**Part 1**

You see Bill every year or so when he is working on a show that tours through your venue. Bill is always friendly and healthy looking. He seems to get along with other members on his crew and usually asks you for restaurant recommendations while in town. This time you barely recognized Bill when he first walked in. He looks terrible. Trying to be friendly, you ask him how his year has been, and he tells you that his child took their own life last month.

**Part 2**

As the day goes on, Bill seems to want to talk to you about what happened. He tells you that he feels so guilty because he was always away working and feels that he missed the warning signs. He says sometimes the guilt overwhelms him and he can hardly get out of bed.

At one point he tells you, “Now I’m stuck with nothing but this job, which I can see now is meaningless.”

**Part 3**

It is now three days later. You are so worried about Bill that you are losing sleep. The show is moving on Sunday and you haven’t had enough courage to reach out to Bill in a meaningful way. Everyone on the road crew seems to be steering clear of him. You have never experienced anything like this before, and you don’t know what to do.

Last night, in reference to his child, Bill told you that he wishes it were him instead. You feel like you really need to speak out. You decide to talk to Bill tonight.