



It's okay to not be okay.

Help yourself and those around you be both physically and psychologically safe.

Returning to work is bringing a new set of concerns for everyone and our workplace looks and feels different than when we left it. Now more than ever, it's important to take notice of how you're feeling and what you're seeing around you.

A psychologically safe work environment includes:



- Feeling accepted without fear of negative consequences.
- Feeling safe to speak up about potential stressors and/or anxiety triggers.

If you're feeling tense, irritable or overwhelmed:



- Talk with someone you trust, such as a colleague or supervisor.
- If it's safe, remove yourself from the situation for 90 seconds – that's all it takes to reset your brain. Try deep breathing, i.e. inhale for 7 seconds and exhale for 11 – then repeat.

Let's look out for each other!



- During a production, we often spend more time with each other than our families. We're in a perfect position to notice changes in a co-worker's mood or behavior that are concerning.

If you see a co-worker showing signs of distress, check in with them:



- Let them know they're not alone. Show them compassion and support.
- Listen and don't judge – remember you don't have to have solutions.
- Respect confidentiality – unless there is concern for someone's safety.

Ways we can create a positive work environment:



- Treat others with respect and support those who are struggling.
- Acknowledge when someone is doing a good job – it can really make their day.

National Suicide Prevention Lifeline

Provides 24/7, free and confidential support for people in distress or those trying to help
1-800-273-8255

Crisis Text Line

Free 24/7 confidential text message service for people in crisis.
Text HOME to 741741

SAMHSA

Free 24/7 confidential treatment referral and info about mental and/or substance use disorders
www.samhsa.gov

National Alliance on Mental Illness

Extensive information for people with mental illness, caregivers and family members. Special resources for AAPI, BIPOC, LatinX, and LGBTQIA+ communities.

www.nami.org

Behind the Scenes

Mental health and suicide prevention resources for the entertainment industry
btshelp.org/mentalhealth

