



**BEHIND
THE
SCENES**

Mental Health Initiative

It's okay to not be okay.

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

Mental health and suicide prevention are not commonly spoken about at the workplace. We all struggle in different ways and it's important to notice how you're feeling AND watch out for others. Be the change and make these topics part of your conversations.

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.

Look out for each other!



- We often spend more time with colleagues than our families. We're in a perfect position to notice changes in a co-worker's mood or concerning behaviors.

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 make their day.

Suicide Crisis Helpline

Provides 24/7, free and confidential support for people in distress or those trying to help
9-8-8

Crisis Text Line

Free 24/7 confidential text message service for people in crisis
Text 686868 – www.crisistextline.ca

Government of Canada

Listings of national and provincial mental health resources
<https://btslink.org/canadianresources>

Canadian Mental Health Association

A nationwide organization with 330 community locations that promotes mental health and supports people recovering from mental illness
<https://cmha.ca>

Behind the Scenes

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



btshelp.org/mentalhealth