

FILM & TV SUPPORT CHARITY 0800 054 00 00

Practical support and advice or just a listening ear, 24/7

Independent and confidential help for people working in any area of film, cinema or TV.

Our dedicated team understands the pressures of the industry and can help with issues big or small.

Our services include:

- bullying and harassment support
- debt and money advice
- support for depression and anxiety
- bereavement counselling
- legal advice and support
- specialist addiction counselling
- financial assistance and grants
- support with general worries and concerns

Calls are free from UK landlines and mobiles, 24 hours a day, seven days a week.

Career support

We also offer a range of career support services. These include talent development programmes, support to return to work or balance family commitments, and help with travel costs and connecting to the industry.

Find out more at: filmtvcharity.org.uk

Reg charity no. 1099660

**FILM &
TELEVISION
CHARITY**

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