



FILM+TV  
CHARITY

We help with life  
behind the scenes



# Eternal Beauty

## We're here for you, behind the scenes.

The team behind the production and release of *Eternal Beauty* are backing the Film and TV Charity's movement for better mental health.

We know many of you are having a tough time. From development to the edit suite to the big screen, the charity supports everyone who works in UK film, TV and cinema.

Their friendly team is there for you, round the clock.

**This booklet has been created to get you some practical advice.** Whatever you're dealing with, speak to someone today, and tell your team.

Call **0800 054 00 00**  
or chat online at **[filmtvcharity.org.uk](https://filmtvcharity.org.uk)**



**You often become part  
of a team for a short  
period and they are the  
only people you see**



*Eternal Beauty*, funded by Ffilm Cymru and shot on location in Wales with Welsh cast and crew, has been released as part of Film Hub Wales' Made in Wales programme. The film encourages us to have important conversations about mental health.

As we live through the impact of Covid-19, community is more important than ever, and it's important to remember that you're part of a creative community.

Thousands of people have already accessed the Film and TV Charity's services this year. Check them out and tell your crew.



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**Don't feel**

**alone**

**You can provide better support to others if you help yourself first.**

No matter what's happening right now, things may feel very different once you've had a chat.

The Film and TV Charity is always there, at the end of the phone.

Whoever you are, no matter what's on your mind, please call for free and discreet advice.

Their trained team has lots of experience and can talk to you about looking after your mental wellbeing, financial troubles, family issues, or your hopes and ambitions.

Talk to them about:

- **Private therapy sessions**
- **Professional legal advice**
- **Guidance on managing debt**
- **Bereavement support**
- **Financial support**

Or just for a chat.



## Stay connected

### **Join the charity's online mental health community.**

Research has shown that lots of people working in film and TV feel left out. However, amazingly, many of you have also said you would be happy to support a peer.

You and your family can now access the charity's online mental health platform, where you can express your thoughts and concerns openly and anonymously.

Give it a go at [filmtvcharity.org.uk/community](https://filmtvcharity.org.uk/community)

As well as getting support in group or one-to-one chats, you can access guided self-help courses. Professionals are always there to monitor the chat and give advice.

**If you're supporting someone close to you, make sure you take time to look after yourself.**



## Explore resources developed with you in mind.

The amount of information we're bombarded with every day can be overwhelming, and it can be difficult to stay calm.

The charity has partnered with Mind to get you expert advice and give you the skills to look after yourself. Read about practices to help you stay grounded and stop your mind racing.

A few hints and tips:

- **Use trustworthy sources of news that are relevant and healthy for you**
- **Try to avoid gossip, catastrophising or judging others**
- **Think about your use of social media and whether or not it makes you feel better**
- **Be prepared – keep an eye on any bad habits, like eating or drinking much, that could be making you feel worse**

Learn more about staying positive during stressful times at [filmtvcharity.org.uk](https://filmtvcharity.org.uk)



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**Don't hide  
your talent**

The Film and TV Charity is working to create a healthier and happier industry, ready to take on the challenges of tomorrow, when life gets back to normal.

Call the **Film and TV Support Line** on **0800 054 00 00**

Follow **@filmtvcharity**

With thanks to Bulldog Film Distribution,  
Cliff Edge Pictures, Creative Wales,  
Ffilm Cymru Wales, Film Hub Wales.

**#WeAreFilmandTV**

In association with:



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