

Mental health checklist

Working in film and TV often means long hours and demanding environments. It's important to take care of your physical and mental health, so that you can do your best work.

Add YOU to the top of the to-do-list.

Here are 5 ways to keep well at work:

- **Remember S.H.E.D -
Sleep, hydrate, exercise and diet**
- **Plan your rest.
Ringfence time off between projects**
- **Know your triggers
(and develop ways to manage them)**
- **Get support - use our Support Line
and read our mental wellbeing advice**
- **Connect with others in the film
and TV community**

You don't need to do everything by yourself, the **Film and TV Support Line 0800 054 00 00** provides a listening ear, 24/7.

Dealing with bullying or harassment? Use our **Bullying Pathway** to speak to an expert, create a private record, and explore resources.

We support the mental health of employees, freelancers and self-employed people in film, TV and cinema. All of our services are free and confidential.

filmtvcharity.org.uk @filmtvcharity

