

ENTERTAINMENT ASSIST

Research . Awareness . Education

*Supporting the mental health & wellbeing
of the Australian entertainment industry*



About Us

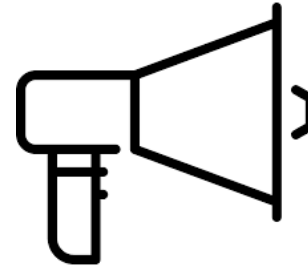
*Our Vision:
An Australian
entertainment
industry which
actively and openly
addresses the
mental health
issues of its
workers.*

*To prevent the
premature loss of
lives industry wide*

- RESEARCH



- AWARENESS



- EDUCATION



Entertainment Assist Research Project with Victoria University, Vic College of the Arts 2016.



Results:

63% performers earn less than the Australian minimum wage

Sleep Disorders x 7

Anxiety x 10

Depression x 5

60% had sought mental health support


Suicide ideation x 9

Suicide planning x 5

Suicide attempts x 2



Awareness



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IN OUR ENTERTAINMENT INDUSTRY
LEVELS OF MODERATE TO SEVERE ANXIETY ARE

TEN TIMES HIGHER

THAN THE GENERAL POPULATION

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IN OUR ENTERTAINMENT INDUSTRY

OVER 50%

DON'T KNOW WHERE TO GO FOR
MENTAL HEALTH SUPPORT WITHIN INDUSTRY



IN OUR ENTERTAINMENT INDUSTRY
SUICIDE RATES ARE

MORE THAN DOUBLE

THAN THE GENERAL POPULATION

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IN OUR ENTERTAINMENT INDUSTRY
THE LEVEL OF DEPRESSION SYMPTOMS ARE

FIVE TIMES HIGHER

THAN THE GENERAL POPULATION



IN OUR ENTERTAINMENT INDUSTRY

44%

OF OUR WORKERS ARE
SLEEP-DEPRIVED.

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IN OUR ENTERTAINMENT INDUSTRY

4 OUT OF 10

PERFORMERS ARE DIAGNOSED WITH
A MENTAL ILLNESS IN THEIR LIFETIME

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- EDUCATION



INTERMISSION

Mental Health Training for Australian Entertainment Industry Workers

Learning outcomes

The difference between
MHFA and INTERMISSION

Mental Health First Aid (MHFA)	INTERMISSION	SPECIFIC
Build a foundation of healthy habits, mental and physical	Build skills sets to better manage mental health	Validate mental health and wellbeing experiences specifically within a performing/recorded arts context
Explore our living spaces and understand the need for connection, and a balance of home and work life	Fosters social connection and industry collaboration Explore community connections	Build resilience for young people (18-22) transitioning to work in the entertainment industry The Gig economy
Set a vision of a mentally healthy life	Selfcare planning, individual workbook exercises	Evidence based lens Lived experience Trauma informed presenters
Learn about mental illness, and its impacts	Understand individual and team based mental health challenges	Support industry people to reduce stigma, labelling and judgement
Explore what Depression and Anxiety, look like, and how to respond if you observe it in a colleague	Identify signs and symptoms of change. Depression, Anxiety, Stress, Suicide, Grief and Loss	Participate and role play in discussions that are safe and respectful
Become familiar with the resources available to support and enhance Mental Wellness	Ask for help and explore options	Resource book support pathways

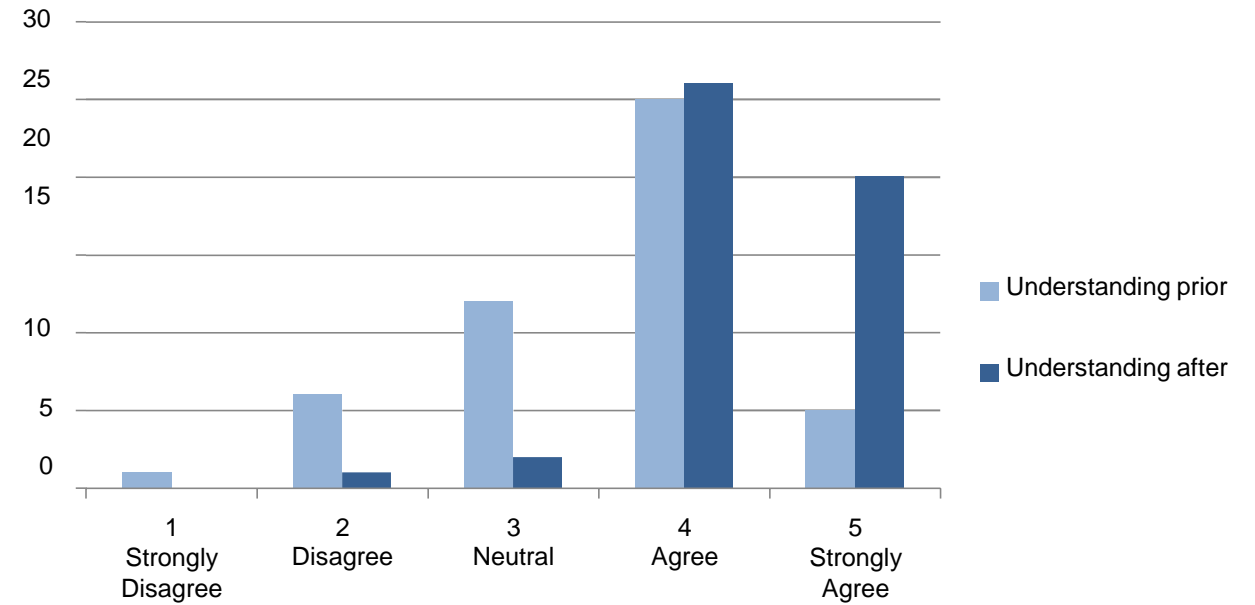
Industry participants



Learning outcomes

“I would like this course to be delivered to all creative educators and I would also like to do it again!”

I have a good understanding about common mental illness

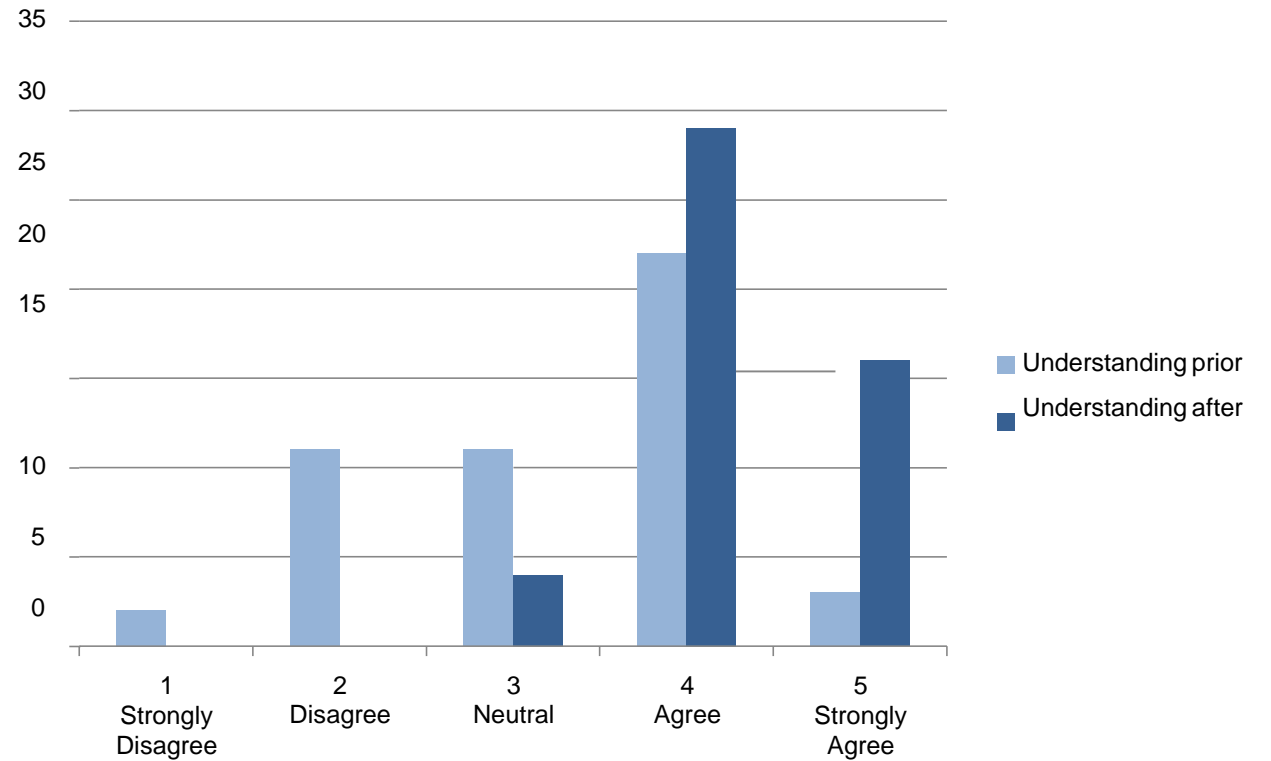


How to have a conversation

Delivering conversation techniques and scenarios

Reaching out to others and understanding [your] personal boundaries

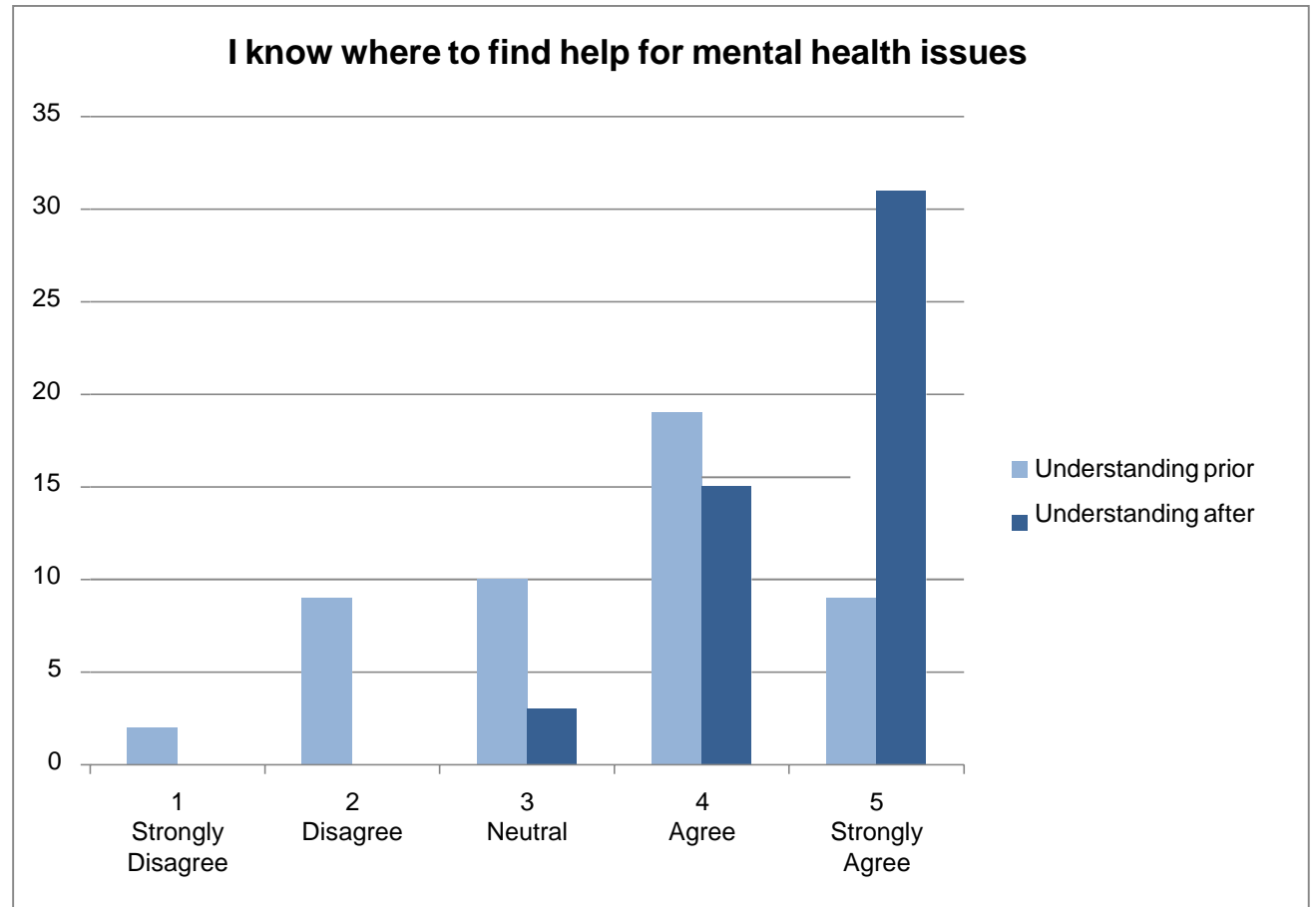
I feel confident about having a conversation with a colleague/peer about their mental health



Support seeking behaviours

Relevant support pathways for all cohorts.

Connecting individuals with communities with which they identify with..

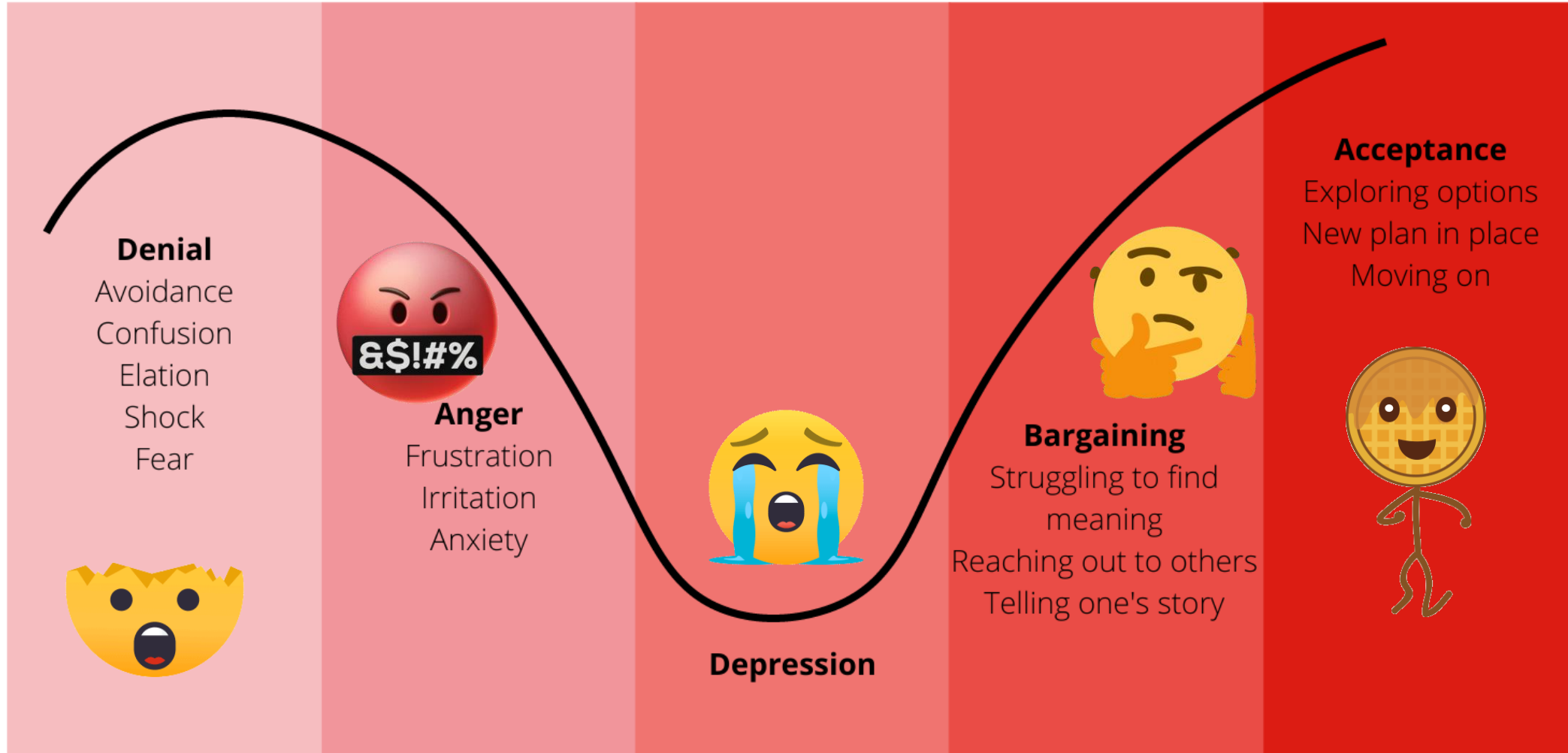


Human empathy
tools for life:

Recognising what
you don't see



Kübler-Ross Grief Curve



Support Circles – What are yours?



Suicide

Suicide is the intentional taking of one's own life.

Recognising a change in behaviour

- Peers
- Friends
- Family

How to have a conversation



Trauma

Trauma refers to an experience that produces psychological injury or pain.

Vicarious trauma is the experience of trauma symptoms that can result from being repeatedly exposed to other people's trauma and their stories of traumatic events.

Context:

The environment surrounding you

Content:

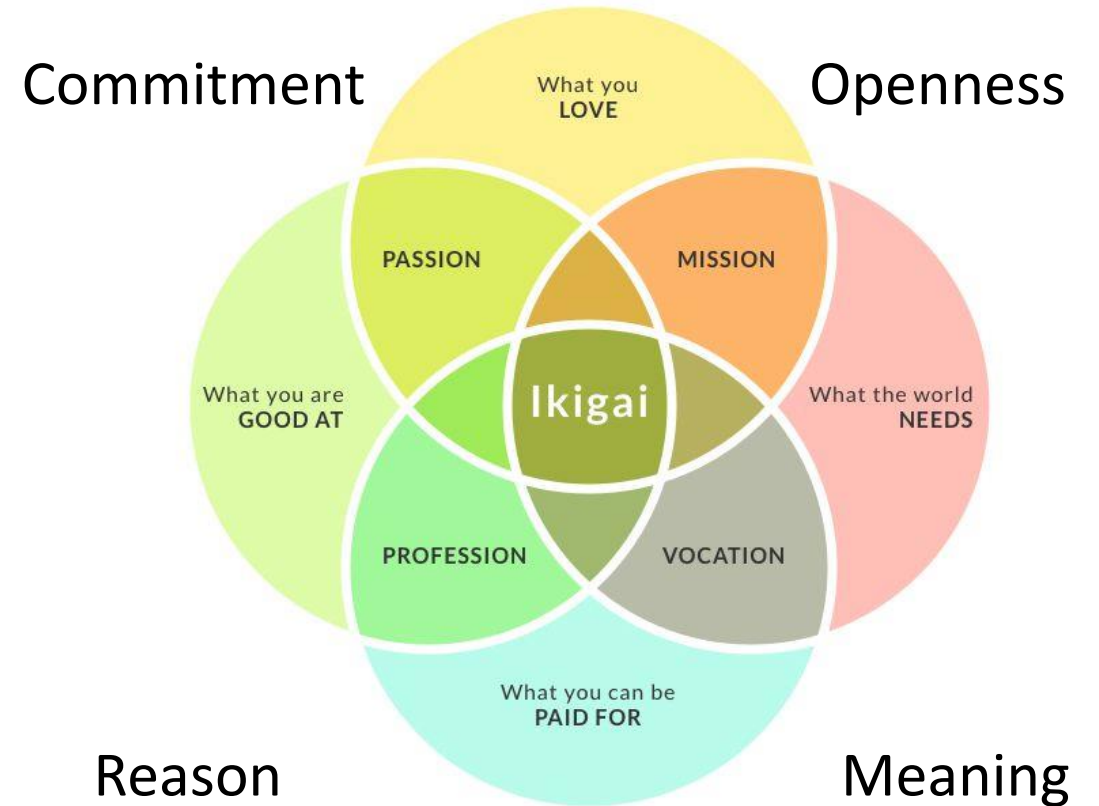
The direct material you are working with

Promote a culture of safety, empowerment, and healing.



IKIGAI “*Value in Being*”

- ❖ What do you love?
- ❖ What are you good at?
- ❖ What does the world need from you?
- ❖ How can you add value?



Human Hats

You as a human –
not defined by
profession

- What hats do you wear that do not define your profession?
- Which hats help add meaning to your sense of purpose?



Self care models

Personalised and tailored to self.
Understanding challenges and triggers

Developing strategies for improved mental health.

Self Care Plan

Understanding Challenges		Support Strategies	
Lack of Sleep	Fatigue/low energy/low mood	SelfTalk	Ok not to be Ok
Depression	Debilitating	Diet/Exercise	Routine
Anxiety	Overwhelming	People	Managing expectations
Alcohol	Dependency	Resilience	Recognising self
Working at home	Isolating	Joining/Disclosing	Support Groups & Forums

Building Connections to Stay Well	
Family rituals and traditions	Sense of belonging and routine
Joining online routines through work and family	Involved, belonging, participating, contributing
Community support and activity groups	Feeling of purpose and contribution to community
Work	Purpose, creative, leading, excitement
Entertainment : movies, reality TV, music, cooking, socialising	Connected, learning, creating, pleasing, sharing, laughing, values, traditions

Help and Support





THANK YOU!

