



Support for IATSE Workers

Finding help when you or somebody you care about is going through a difficult time can be overwhelming. A simple Internet search results in hundreds of links and pages of information that can be confusing, especially when trying to find resources appropriate for workers in our industry and crafts. The need for simple, straightforward resources, information, and assistance is great.

There is much available to guide IATSE Workers facing difficult life challenges.

Here is a simple list of the broad range of accessible mental health services and tools including suicide prevention, alcohol and drug misuse and addiction, industry organizations, and employee assistance plans. This list is in no way comprehensive, but if IATSE workers cannot find the help they need from this list, one of the organizations here can guide them to appropriate help in their communities.

»» **Suicide Prevention : Call 988** <https://988lifeline.org/>

If you or someone you know is thinking of taking their own life, do not wait to get help. Call or text 988, which is the National Suicide Prevention hotline number in both the United States and Canada.

»» **Industry Organizations**

AFC www.afchelps.ca

AFC the AFC is a lifeline for Canada's entertainment industry. Through compassionate support, the AFC helps Canadian entertainment professionals maintain their health, dignity, and ability to work. It provides programs, events, peer groups, and resources to help cope with stress, anxiety, depression, life transitions, financial issues, and more. The AFC also provides short term financial assistance with costs of necessities to help workers maintain their health, housing, and ability to work.

Entertainment Community Fund <https://entertainmentcommunity.org/>

24-hour hotline for non-financial emergencies: 800-221-7303

The Entertainment Community Fund is a Human Services organization that strives to meet the broad range of needs of the entertainment community in the United States. It helps with emergency financial assistance, affordable housing, health care and insurance counseling, career development and management, senior care, disaster resources, and many support groups, including for seniors, people living with long COVID, sober curious, self-care, and financial struggles. The ECF can also help workers navigate the benefits available through their health insurance plans and other Member Assistance Programs.

The ECF also administers the IATSE Member Assistance Program for small locals in the United States. For information call 917-281-5919 or email eastern@entertainmentcommunity.org

Behind the Scenes <https://wp.behindthescenescharity.org/>

While this charity continues to provide basic needs grants for medical emergencies and counseling grants, it is best known to IATSE workers for its mental health initiative. The BTS website provides so many resources (for both the United States and Canada) that it truly is difficult to mention them all. In addition to mental health and emotional support resources there are resources for substance misuse, eating disorders, help in finding a therapist, resources for anxiety, depression, bipolar psychosis, schizophrenia, and many other issues.

Behind the Scenes administers an entertainment industry Mental Health First Aid Course that takes the fear and hesitation out of starting conversations with somebody you may be worried about by teaching you how to recognize the signs and symptoms of a mental health problem, how to listen nonjudgmentally and give reassurance, and how to refer that person to appropriate professional support and services.

- **Bystander Intervention/Anti-Bullying** online training provided with Right to Be: btshelp.org/bystander
Locals may arrange for private sessions of this course for their workers. Public classes are provided quarterly.
- **Mental Health First Aid Training:**
United States: Contact mhfa@btshelp.org for schedule of classes or to arrange a private session for your local union.
Canada: Training is available through the AFC at <https://afchelps.ca/mhfa>.

The Motion Picture and Television Fund <https://mptf.com/>

MPTF offers a variety of services that provide emotional and financial relief to industry members and their families during times of need. Areas of support include counseling services, guidance to community resources, financial assistance, many resources for seniors, housing assistance, resources for veterans, and more.

The Will Rogers Pioneers Foundation <https://wrpioneers.org/contact/>

The Pioneers Assistance Fund provides financial aid and supportive counseling to individuals who work in theatrical exhibition, distribution, and vendors exclusive to either sector, who are encountering an illness, accident, or injury.

»» Employee Assistance Plans

These may be available to workers through their IATSE Health Insurance Plans or through their local unions. For the most up to date information, contact your plan or your local union for guidance.

For small locals in the United States, the Entertainment Community Fund administers the IATSE Member Assistance Program. For information call 917-281-5919 or email eastern@entertainmentcommunity.org

In Canada, the IATSE has contracted with Telus Health (formerly Lifeworks) to provide a free confidential and bilingual Members Assistance Plan for members of Locals and their families who don't already have access to an MAP through their Local Union's health benefit plan.

For more information visit <https://canada.iatse.net/map/> for a list of eligible Locals and for details about what this services offers and how you and your family can gain access.

»» IATSE Webinars

Among the many topics covered by IATSE webinars are sessions that deal with common personal and workplace struggles. All are available for viewing, 24/7 on the IATSE Education for All GoTo Webinar Channel:

<https://www.gotostage.com/channel/iaeducationforall>

IATSE Education & Training Department webinars focus on several topics relevant to IATSE workers including stress management, mental health resources, conflict resolution and more.

Below are some IATSE webinars related to dealing with stress at work:

- Constructive Engagement at Work with the FMCS:
<https://attendee.gotowebinar.com/recording/7224907831818116960>
- The Power of Apology with the FMCS:
<https://attendee.gotowebinar.com/recording/4172054423184456707>
- What is Mental Health First Aid? 2023 Update:
<https://attendee.gotowebinar.com/recording/4906676623213267969>
- Allyship in Our Workplaces and in Our Union:
<https://attendee.gotowebinar.com/recording/3234296344705852504>
- Tips from the Bargaining Table to the Dinner Table:
<https://attendee.gotowebinar.com/recording/5821731978042603099>
- The Art of Inquiry with the FMCS:
<https://attendee.gotowebinar.com/recording/7296216652578907408>
- Cognitive Bias with the FMCS:
<https://attendee.gotowebinar.com/recording/2692130457482221838>
- Unconscious Bias and Microaggressions with the FMCS:
<https://attendee.gotowebinar.com/recording/7378798770188192771>
- Building Mindful Muscle Memory for Gratitude:
<https://attendee.gotowebinar.com/recording/2152463755280083979>
- Sober Curious with the Entertainment Community Fund:
<https://attendee.gotowebinar.com/recording/7917031695939027206>
- Beginners Guide to Therapy with the Entertainment Community Fund:
<https://attendee.gotowebinar.com/recording/7226958427395240108>
- Guide to Personal Wellness with the Entertainment Community Fund:
<https://attendee.gotowebinar.com/recording/5743194973347352665>
- Behind the Scenes Mental Health Toolbox Talks:
<https://attendee.gotowebinar.com/recording/8230526646312836610>

» IATSE TTF Self-Care LinkedIn Learning Collection

The IATSE Training Trust Fund has developed a LinkedIn Learning Collection dedicated to mindfulness and managing stress at work. The collection features eighteen courses. If you

have a LinkedIn Learning account, you can access the collection here:

<https://www.linkedin.com/learning/collections/enterprise/1~AAAAAANGTCE=682238?u=56642593>.

Titles are included below:

- Mindful Meditations for Work and Life by Scott Shute
- Mindfulness Practices by Henna Inam
- Managing Stress by Todd Dewett
- De-stress: Meditation and Movement for Stress Management by Desk Yogi
- Managing Stress for Positive Change by Heidi Hanna
- Crunch Time: How to Be Your Best When It Matters Most by get Abstract
- Arianna Huffington's Thrive 01: Discovering Meditation and Sleep
- Arianna Huffington's Thrive 02: Learning How to Unplug and Recharge
- Arianna Huffington's Thrive 03: Setting Priorities and Letting Go
- Arianna Huffington's Thrive 04: Facing Challenges with Gratitude and Forgiveness
- Arianna Huffington's Thrive 05: Igniting Joy through Presence and Wonder
- Arianna Huffington's Thrive 06: Understanding the Link between Giving and Success
- Life Mastery: Achieving Happiness and Success by Chris Croft
- Sherly Sandberg and Adam Grant on Option B: Building Resilience
- Happiness Tips by Chris Croft
- Embracing Unexpected Change by Todd Dewett
- Powerless to Powerful: Taking Control by Fred Kofman
- Reduce Tension with Breathwork by Desk Yogi

IATSE members and those working under IATSE agreements are eligible for a free LinkedIn Learning subscription through the IATSE Training Trust Fund:

<https://www.iatsetrainingtrust.org/lil>. Anyone with a LinkedIn Learning account can access the TTF Self-Care collection, but the TTF free subscription is only available to IATSE workers.

» IATSE Safety Hotline

Call toll-free 844-844-9273 or 844-IA AWARE

When a member calls the safety hotline, they can either leave a message or talk to a safety representative who will handle their issue or refer them to a person who can.