**Arts Minds:** [**https://www.artsminds.co.uk/**](https://www.artsminds.co.uk/)

ArtsMinds is a comprehensive resource hub created through collaboration between BAPAM, Equity, The Stage and Spotlight – four entertainment industry organisations. It is designed for people in the creative industries who are experiencing emotional stress and mental health challenges.

**British Association for Performing Arts Medicine:** [**https://www.bapam.org.uk/**](https://www.bapam.org.uk/)

Healthcare charity giving medical advice to people working and studying in the performing arts, helping people overcome (and avoid) work-related health problems.

BAPAM delivers training sessions and events for creatives around the themes of wellbeing and health, find out more here: <https://www.bapam.org.uk/events/>

They also have an online resource library to help with everything from performance anxiety to psychological self-care to healthy touring: <https://www.bapam.org.uk/health-resources/>

If you are an Equity member you can access free counselling sessions through BAPAM.

**24 hour theatre helpline:** [**https://theatrehelpline.org/**](https://theatrehelpline.org/)

A free, independent and confidential phone and email service that provides support to people working in the theatre industry. Trained staff are available to offer support and signposting on any topic which affects your wellbeing. Call: **0800 915 4617** or email: [advice@theatrehelpline.org](mailto:advice@theatrehelpline.org)

**Playing Sane:** [**https://www.playingsane.org/**](https://www.playingsane.org/)

Playing Sane is a UK based not-for-profit organisation for actors, their colleagues and carers. They work to improve experience and practice around mental health throughout the industry.

**Industry Minds** [**https://www.industryminds.co.uk/**](https://www.industryminds.co.uk/)

A mental health charity for the creative arts and arts workers, Industry Minds created an award-winning podcast which discusses and raises awareness of issues surrounding mental health in the arts. The charity also offers low-cost counselling, training and seminars on mental health for arts organisations.

**Acting for Others:** [**https://www.actingforothers.co.uk/**](https://www.actingforothers.co.uk/)

A partnership between 14 theatrical charities to support theatre professionals. Their services range from “financial and emotional assistance and support to those in the entertainment profession who have fallen on hard times. The member charities dispense over £2 million to hundreds of people within the profession every year”.

**Inc Arts Minds:** [**https://incarts.uk/inc-arts-minds**](https://incarts.uk/inc-arts-minds)

Inc Arts Minds is a service for ethnically diverse people and people of colour, providing free group therapy led by qualified counsellors. You can self-refer via their website.

**The Royal Theatrical Fund:** [**https://www.trtf.com/**](https://www.trtf.com/)

The Royal Theatrical Fund provides support to those that have worked professionally in the entertainment industry that are unable to work due to illness, injury or old age. It has established two funds in response to COVID-19 crisis – Theatre Community Fund, and the Fleabag Support Fund, which small crisis / hardship grants to those most in need. The Fleabag Support Fund opens for applications monthly: <https://www.trtf.com/fleabag-support-fund>

**The Theatrical Guild:** [**https://ttg.org.uk/**](https://ttg.org.uk/)

UK charity for backstage and front of house workers, with over 125 years’ experience helping people: “Talk to us about practical help at any stage of your career – from welfare and debt advice to financial support and counselling”.