

Resources for artists and producers

MIND

A charity providing advice and support to empower anyone experiencing a mental health problem

<https://www.mind.org.uk/>

Coronavirus and your wellbeing -

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#AreYouReadyToStayAtHomeForTwoWeeks>

Arts Minds

An information hub with practical resources for those working in the arts, set up by BAPAM, Equity, The Stage and Spotlight

<http://www.artsminds.co.uk/>

Covid 19 – Coronavirus –

<https://www.artsminds.co.uk/worrying/covid19-coronavirus/>

Playing Sane

A website dedicated to the relationship between mental health and acting, aiming to offer information and signposting to actors, their colleagues and carers across the industry.

<https://www.playingsane.org/about/>

Theatre helpline

Theatre Helpline is a free, independent & confidential service that provides support to people working within the theatre industry. Call or email on 0800 915 4617

advice@theatrehelpline.org

<http://theatrehelpline.org/>

Unlimited

Resources for disabled artists and freelancers in response to COVID-19

<https://weareunlimited.org.uk/links-and-resources-for-disabled-artists-and-freelancers-in-response-to-covid-19-includes-medical-guidance/>

UK Theatre and SOLT guidance, report and resources

Encouraging safe and supporting working practices

<https://uktheatre.org/theatre-industry/guidance-reports-and-resources/safe-and-supportive-working-practices/>

Artist Wellbeing

Website of Artist Wellbeing Practitioner Lou Platt, incl blog posts from the industry on wellbeing.

Lou is currently offering online wellbeing sessions for people working in the arts sector. Contact her directly for more info.

<https://www.artistwellbeing.com/>

Ita O'Brien

Intimacy Coordinator and movement director

<https://www.itaobrien.com/>

Stage Weight Wellbeing

Links, articles and posts around the wellbeing of artists by Dramatherapist Nikki Disney

<http://www.nikkidisney.com/stageweight>