

# BEHIND THE SCENES

## Mental Health and Suicide Prevention Initiative

*See the world in a new light*

[btshelp.org/mentalhealth](http://btshelp.org/mentalhealth)



If you need to chat or are willing to listen  
**Be Scene - Be Heard**  
Entertainment Industry  
Peer-to-Peer Chat App  
Anonymous • 24/7/365  
[btshelp.org/chat](http://btshelp.org/chat)

### Be Scene – Be Heard Peer-to-Peer Chat App – [btshelp.org/chat](http://btshelp.org/chat)

It can be hard to talk with family and friends about how you're feeling, especially now when you want to be strong for others because that's what you do – you're used to taking care of things. Sometimes it's easier to talk to people who don't know you, but who can relate because they're in this industry too. Maybe you're doing pretty well but you'd be willing to help someone else just by listening and offering a few words of experience.

That's why Behind the Scenes has partnered with iRel8 to launch **Be Scene – Be Heard**, a platform to interact with your peers, talk about what's on your mind, find comfort and knowledge from one another and, perhaps, offer insight to someone who is going through something you already have. Chats are instantly translatable into 54 languages. **Be Scene – Be Heard** is available **Wherever** you are, **Whenever** you need it, for **Whatever** is on your mind.

Find a therapist  
that understands  
what you do!  
Entertainment Industry  
Therapist Finder  
[btshelp.org/findatherapist](http://btshelp.org/findatherapist)

### Entertainment Industry Therapist Finder – [btshelp.org/findatherapist](http://btshelp.org/findatherapist)

Find a therapist who understands what you do! We have partnered with HelpPRO to create an online therapist finder specifically for our industry. Only therapists who have previously seen professionals in the entertainment industry as clients, or who have personal professional experience in the industry themselves are included. Search for a therapist using a simple search form which includes location, insurance accepted, what areas the therapist specializes in, and therapist availability such as whether they see clients remotely or on

nights and weekends. An advanced search is available which also includes such criteria as theoretical approaches, credentials held by the therapist, specific populations they have experience with, and languages spoken.

If you don't find a therapist now, be sure to check back as new therapists are being added all the time. Also, don't forget that in these days when almost all therapy is happening remotely, you can work with a therapist in any location as long as they are licensed in your state. If you know of a therapist who should be included in the finder, please email their contact info to [mh@btshelp.org](mailto:mh@btshelp.org) and we'll get in touch with them.

Understand what  
you're feeling  
Take an anonymous  
self-assessment  
screening today  
[btshelp.org/screening](http://btshelp.org/screening)

### Online Behavioral Health Self-Assessment Screening Program – [btshelp.org/screening](http://btshelp.org/screening)

These free screenings are completely anonymous, private, easily accessible, and quick to complete. They are a tool to check in on a key part of your overall health – your behavioral health – which includes mental health, substance use, and more. The program consists of nine different sets of questions which can help you self-identify symptoms you may be experiencing. You select which of the screenings you wish to take based on how you

are feeling. They will help you understand if what you have been thinking and feeling may be associated with a common, treatable behavioral health issue. Immediately following each screening you will see your results, recommendations, and key resources. Immediately following each screening you will see your results, recommendations, and key resources.

Mental Health and  
Suicide Prevention Initiative  
At this difficult time,  
we want you to know  
that you don't have to face  
it alone. Click here for help.  
*See the world in a new light*

### Mental Health and Suicide Prevention Resources –

[bts.help.org/resources](http://bts.help.org/resources) or [btshelp.org/canadianresources](http://btshelp.org/canadianresources)

Finding help when you are going through a difficult time can be overwhelming. A simple internet search can result in hundreds of pages and links and different terminology which can further complicate seeking help. These resource links provide a simple, straightforward way for you to find assistance from 24/7/365 crisis lines to sites for suicide intervention, alcohol and substance misuse, eating disorders, anxiety, depression, and other

mood disorders. The information indicates which sites provide substantial information or tools on the subject to help the individual or family members.

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### #BeThe1To Suicide Prevention Resources – [btshelp.org/bethe1to](http://btshelp.org/bethe1to)

We can all take action to prevent suicide. Most people want to help someone in distress but don't know what to say or do – or are afraid they might make things worse. Evidence shows this is not the case. It is critical to reach out.

#### Know the Warning Signs

*These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.*

- Talking about killing oneself or wanting to die; searching for ways to self-harm.
- Referring to others being better off without them or having no reason to live.
- Mentioning feelings of hopelessness, being trapped, or unbearable pain.
- Talking about feelings of guilt and shame or being a burden to others.
- Acting anxious or agitated; behaving recklessly.
- Increasing the use of alcohol or drugs.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Extreme mood swings, showing rage, or talking about revenge.
- Wrapping up loose ends, giving away personal items and saying goodbye to loved ones.

#### Suicide Is Preventable

Call the National Suicide Prevention Lifeline  
**1-800-273-8255**



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#### Are you worried about someone?

### #BeThe1To help save a life

*The five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention:*

- 1. ASK**
- 2. BE THERE**
- 3. KEEP THEM SAFE**
- 4. HELP THEM CONNECT**
- 5. FOLLOW UP**



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The first step is to **Know the Warning Signs**. The more familiar you are with the warning signs of suicide, the more likely you are to recognize them.

If you believe someone might be in danger, there are **5 Steps** that can be critical to saving a life. The more familiar you (and everyone around you) are with those steps, the more comfortable you will be taking them.

Posters are available in PDF format in multiple sizes and in English, Spanish and French. The US versions reference the National Suicide Prevention Lifeline and the Canadian versions reference Crisis Services Canada. Download and print these posters and put them up everywhere you can, including call boards, notice boards, breakrooms, and anywhere other safety information is shown. The 5 Steps poster is also available as a JPG for sharing on social media.

Each of the **5 Steps** is very straightforward, but implementing them can sometimes be a little daunting. How do you "Ask?" How can you "Keep them safe?" **Practical guidance and examples** for each of the steps is available as PDF or a PowerPoint. A QR code on the 5 Steps poster leads directly to this information on the website.