



# It's okay to not be okay.

Returning to work is bringing a new set of concerns for everyone. Our workplace looks and feels different than when we left it. Now more than ever, it's important to take notice of how you're feeling and what you're seeing around you.

## A psychologically safe work environment includes:

- Everyone feeling accepted without fear of negative consequences.
- Feeling safe to speak up about potential stressors and/or anxiety triggers.



## If you're feeling tense, angry or overwhelmed:

- Talk with your supervisor or someone you trust.
- If this isn't possible but it's safe to take a 90-second time out – take one. It only takes that long for your brain to reset. Then, when you have the time, have that chat. It's better to say something than to hurt yourself or someone else.



## Let's look out for each other!

- At work, most of us spend more time with each other than our families, so we're in a perfect position to notice changes in a co-worker that are concerning.



## If you see a co-worker showing signs of distress or speaking openly about their feelings:

- Show them compassion and respect, and let them know they're not alone.
- Listen to your colleague and don't judge, and remember you don't have to have solutions!
- Respect confidentiality – unless it involves someone's safety.



## Ways we can make this a positive work environment:

- Treat others with respect and support coworkers who are struggling.
- Acknowledge when someone's doing a good job – it can really make their day.



**Crisis Text Line:** *Serving anyone, in any type of crisis, providing access to free, 24/7 support via text* | Text: 741741

**Behind the Scenes:** *Resources and tools to help film industry members through life's challenges.* | [bit.ly/CdnMentalHealthResources](https://bit.ly/CdnMentalHealthResources)

**Will Rogers Motion Picture Pioneer Foundation:** *Providing supportive counseling and financial assistance during life's stressful moments for people working in Exhibition or Distribution*  
[www.wrpioneers.org](http://www.wrpioneers.org)

**The Trevor Project:**  
*Leading national organization providing crisis intervention and suicide prevention services to LGBTQ and questioning youth*  
[www.thetrevorproject.org](http://www.thetrevorproject.org)

**National Alliance on Mental Illness - NAMI HelpLine:** *Helpline volunteers provide advocacy, education, support and practical next steps so that all individuals and families affected by mental illness can build better lives.*  
[www.nami.org/help/](http://www.nami.org/help/) | Call 1-800-950-NAMI(6264) | [info@nami.org](mailto:info@nami.org)

**National Suicide Prevention Lifeline:**  
*Providing a national network of local crisis centers that provide free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.*  
[www.suicidepreventionlifeline.org/](http://www.suicidepreventionlifeline.org/) | Call 1-800-273-8255

**Substance Abuse and Mental Health Services Administration-SAMHSA:**  
*National Helpline providing 24-hour free and confidential referrals and information for mental and/or substance use disorders, prevention, treatment and recovery in English and Spanish. Call: 800-662-HELP (4357)*