

What to include in a Wellbeing Pack

What it is? ✓

This is the mental health calling card for your production. It gathers all the wellbeing support and information that your people can access while working on the project.

Who should it go to? ✓

To all crew.

When should it go out? ✓

As soon as possible! Once people are hired, it should ideally go out with their new starter forms or contracts to set a positive tone for the production.

What could it include? ✓

- **Your company or production's Wellbeing Policy** Don't have one? Not to worry — you can find an example of one in [Mini Guide 1 - Discuss and agree your production wellbeing plan](#).
- **Production Wellbeing Memo** Not sure? This has information about any support service you may have in place, including details of a WellBeing Facilitator and any occupational health provisions, like Employee Assistance Programmes. If you don't have one, you can find a handy Wellbeing Memo template [here](#).
- **Working Well With Me template** You can find this in the [Toolkit resources section](#)
- **Signpost to external support** – This could include The Film and TV Charity's Support Line and Bullying Services flyer that can be found in our [downloadable resources section](#), and a link to its [Freelancer Wellbeing Resources](#).

In a nutshell...

A wellbeing pack is a way to distribute any wellbeing and mental health support on your production. It may just be The Film and TV Charity's Support Line on 0800 054 0000 or your company's Employee Assistance Programme. The most important thing is to include all the information you have, and tell people how to access support as clearly and simply as possible.

TIP: You might want to reiterate the production's commitment to mental health and wellbeing in the cover email sent to all crew members.

**THE
WHOLE PICTURE
TOOLKIT**

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