CALLTIME MENTAL HEALTH

ABOUT: **Calltime Mental Health (CTMH) is a public resource and mental health campaign for all workers in the motion picture industry and performing arts.** This is an initiative by British Columbia's motion picture industry unions to assist workers and employers grappling with mental health and addiction issues both in and out of the workplace.

PARTNERS: Calltime Mental Health Society has been created by a committee composed of representatives of each of the six BC Film Sector Unions - IATSE 891, ICG 669, Teamsters 155, UBCP/ACTRA, ACFC West. Local 2020 Unifor, and DGC BC and their associated Health Benefit plans. The six BC film union locals have generously provided initial funding for this initiative.

The Calltime Mental Health campaign was developed with the expertise and support of FSEAP a leading Canadian provider of Employee/Member and Family Assistance Programs.

fseap Now we're talking.

ANNUAL REPORT

Calltime Mental Health Society will hold its **Annual General Meeting on June 20, 2023** for the 2022 fiscal year. The significant amounts of volunteer labour from the various unions and their staff are widespread which we are incredibly grateful for and have helped make Calltime Mental Health a success. We look forward to continuing to address mental health and addiction issues while changing lives, attitudes and providing a safety net to our film community.

The Calltime Mental Health Society, via our website www.calltimementalhealth.com, continues our goal to destigmatize mental illness and substance abuse, offer assistance and hope. The website quickly redirects our members and others to useful resources. The PSA shot with a volunteer union crew continues to be widely shared and creating additional media content is under development in 2023.

Like all, our activities have been disrupted by COVID-19. This has not, however, impeded our progress in 2022-23, key highlights of which are noted below. Strategic initiatives, sponsorship and partnership exploration, and membership expansion are key priorities for 2023-24.

Our collaboration with Gregg Taylor and his team at FSEAP / Family services of Greater Vancouver as our subject matter experts continues. We continue to add content and expand what we have freely on offer with much of the administrative structure and support provided through Family Services of Greater Vancouver on a contract basis (Mel Ifada, KOJA Consulting Inc).

Branding Relaunch

CTMH's logo, corporate colours, branding and website have been redesigned and relaunched in 2022.

Learning Centre

Our *"Learning Centre"* was designed and new material added:

- 4 modules for Leaders, including a downloadable Leaders Support Guide e-book; and https://www.calltimementalhealth.com/mental-health-winning-for-leaders
- 4 modules for Individuals, including a downloadable companion e-book. https://www.calltimementalhealth.com/mental-health-winning-for-individuals

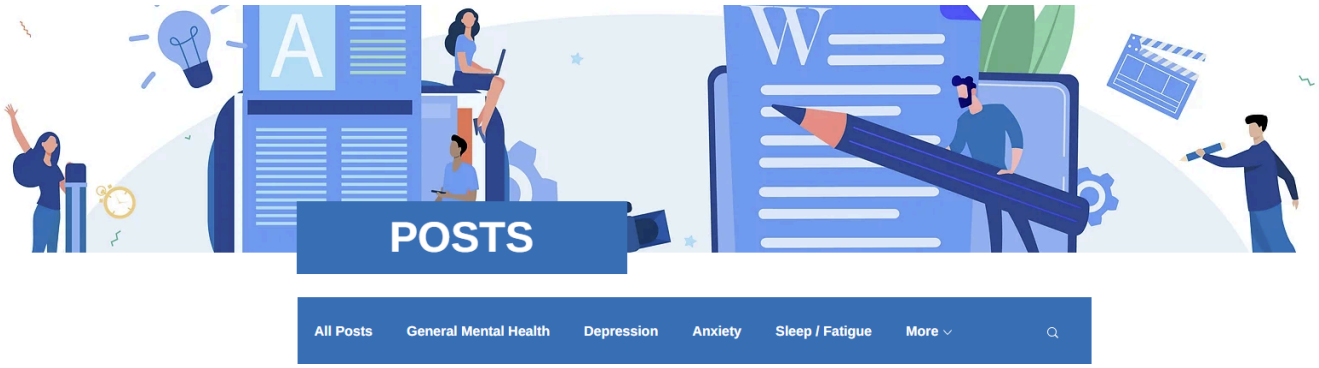
Calltime Resources

Initial training modules, tip sheets and other related resource materials developed over the last year are freely accessible on the website. New resources and resource categories are being added on an ongoing basis. Currently, there are 12 categories of materials, including:

- General Mental Health
- Indigenous
- Depression
- Anxiety
- Sleep/Fatigue
- Alcohol / Substances
- Suicide / Prevention
- BIPOC & LGBTQ+
- Youth & Young Adults
- COVID-19
- Industry
- Finance

Explore our Resource Page!! https://www.calltimementalhealth.com/resources

Calltime Blog



Additional resources being added to the blog (https://www.calltimementalhealth.com/blog), which so far in 2022 include:

February 2	Eradicating Mental Health Stigma	3 min read
March 14	World Sleep Day	3 min read
April 26	National Day of Mourning 2022	2 min read
May 1	New Logo, Branding and Website Launch	3 min read
May 2	Mental Health Week 2022: Empathy	2 min read
May 11	Mental Health Guidebooks for Peers and Leaders Supporting Others	3 min read
July 15	Crew Call: Kindness	4 min read
July 25	Supporting Your Child's Mental Health	4 min read
August 25	Opioid Overdose Stigma, Risk, and Prevention	4 min read
September 7	Addiction: Signs, Symptoms, and Pathways to Recovery	2 min read
September 15	Women in Film: Gender Equality and Mental Health	4 min read
September 23	Reconciliation and Indigenous Mental Health: Counselling and Beyond	6 min read
October 6	World Mental Health Day: Building Your Resilience	4 min read
October 25	Surviving and Thriving in Financially Uncertain Times	4 min read
November 1	Time Change, Sleep and Fatigue: A Harm Reduction Approach	3 min read
November 8	Am I Just Sad or Is It Depression?	5 min read
November 19	Addictions Awareness Week: A Community of Caring	5 min read
December 12	Dealing with Holiday Stress	4 min read

2023:

January 4	Back to Work: 5 Tips for a Smooth Transition	3 min read
January 19	Let's Create Positive Change: Mental Health and Suicide	4 min read
February 7	Help Us Help Others! Become a Calltime Champion	2 min read
February 20	A Safer Set: Addressing Bullying in Entertainment	3 min read
March 26	Rise and Shine: How SunlightCombats Fatigue	4 min read
April 30	Coping with Job Uncertainty and Seasonal Work in the Entertainment Industry	4 min read

Calltime Social Media

Being relevant and maintaining focus on our mission continually guide our actions. To that end, Calltime has engaged Elbia Myreyle to lead social media initiatives. Increased traffic and engagement with Calltime indicates success with these activities. ***If you haven't checked out our social media recently, take a look!!***

Instagram FaceBook Twitter LinkedIn

Become a Calltime Champion!

A Champion is an advocate, supporter, and promoter of Calltime Mental Health.

The Champions Campaign is a community of individuals dedicated to promoting and sharing the Calltime Mental Health & Addiction Campaign's website, social media posts, resources, and promotions with your film / motion picture sector colleagues and networks, on and off set.

The goals of the Champions Campaign is to increase the campaign visibility, reduce stigma in the motion picture and entertainment production sector, and to ensure people have access to the information and resources they need, when they need it.

Once you apply and are confirmed we'll share further details with you.

Find out more about becoming a Calltime Champion HERE.

CALLTIME MENTAL HEALTH

We envision a future where motion picture industry workers come together as a Community of Care to help those with mental illness and substance abuse issues; a culture where everyone feels safe at work; and supported and empowered to ask for and offer help; where union staff and department managers and supervisors have access to training and resources to adequately address issues as they arise; and where impairment at work is seen as an occupational health and safety issue and is neither accepted nor condoned.

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