



ENTERTAINMENT
ASSIST

Advocating the
Mental Health
of Australian
Entertainment
Industry Workers

#haveheart

“It’s OK to talk and ask for help”

www.entertainmentassist.org.au



WHO ARE WE?

Entertainment Assist is a health promotion charity that raises awareness about mental health in the Australian entertainment industry and advocates for generational change where:

- Industry workers are educated to be aware of their own mental wellbeing;
- Industry workers are educated to support their peers around mental health; and
- Industry employers actively support the mental health and wellbeing of employees.

WHY WE EXIST:

In 2015 Entertainment Assist and Victoria University conducted a world first, industry-wide study¹ which uncovered troubling statistics about entertainment industry workers compared to the general public:

- **Suicide attempts are more than double.**
- **Moderate to severe anxiety is 10 times higher and depression is 5 times higher.**
- **Road Crew members experienced suicide ideation almost 9 times more than the general population.**

OUR VISION:

For mental health in the Australian entertainment industry to be actively and openly addressed.

GET INVOLVED:

Here's some ways you can support our cause:

- ✓ Become an Advocate - have the mental health conversation and keep it going!
- ✓ Visit EA's website and register as a Subscriber
- ✓ Join our private industry Facebook Group: [Entertainment Assist Community Hub](#)
- ✓ Like our Facebook Page: [entertainmentassist](#)
- ✓ Follow us on Twitter: [@entertainassist](#) [#haveheart](#)
- ✓ Donate or hold a fundraising event

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Tax deductible donations to Entertainment Assist allow us to continue building capacity across the entertainment industry to better respond to, prevent and support mental health issues. To donate please visit:

www.entertainmentassist.org.au

1. Working in the Australian Entertainment Industry; van den Eynde, Fisher, Sonn; Victoria University; Aug 2015