

## Mental Health and Wellbeing Working Group

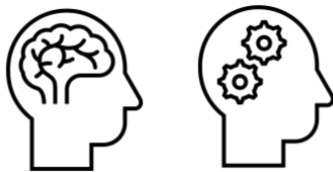


### Mental Health & Wellbeing

Mental health and wellbeing mean how you think, feel, and behave, and how well you manage day to day work and life.

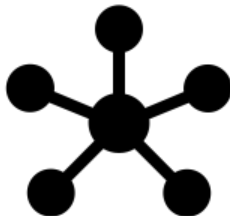
Good mental health and wellbeing include feeling comfortable, having good relationships at work and at home, and feeling positive about the future.

If someone's mental health and wellbeing are not looked after they can become worried or angry. They might not enjoy their work, and they may be off work ill.



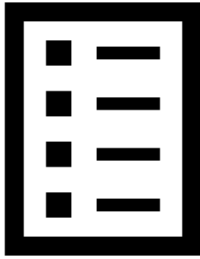
There has been lots of research on mental health and wellbeing in the TV industry.

The research show that this industry can do much better to keep freelancers safe and for them to have better mental health.



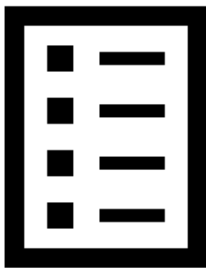
The Mental Health and Wellbeing Working Group will support other organisations who are already doing good work in this area.

Like The TV Mindset Mental Health Hubs which arrange for freelancers to meet up in person.



The group will focus this year on these areas:

- Making sure employers do the best they can to support good mental health for freelancers at work.
- Looking at when freelancers are out of work and how this can damage their mental health.
- Asking the industry to tell freelancers when the programmes they are working on might have upsetting content.



And they will also focus on:

- Telling freelancers and employers what information and services there are already which can help them.
- Talking to programme commissioners about having the processes and money in place for productions to support good mental health in freelancers at every stage.
- Making sure that when freelancers finish a job that they can have a conversation with the employer about what was good and bad.



Freelance producer

Rosetta Furlagawo

says

"As a member of the Mental Health and Wellbeing Working Group, it's nice that I'm able, alongside other industry colleagues, to help create a framework which stems from real-life experience, that's part of a positive future in TV."



This is an easier read summary.

You can [visit the website](#) for more detailed information.