



# THE EVENT INDUSTRY HAS BEEN BADLY AFFECTED BY RECENT NEWS.

## LET'S TALK

### SUPPORT LINE

Staffed by volunteers in the industry trained in Mental Health First Aid, the confidential support line is there for you.

Put the below number in your phone and SMS us.

One of our volunteers will respond and if you would prefer, a call back can then also be arranged.

8am until 8pm

**07481 362 111**

### BUDDIES MATTER

A free peer-to-peer support scheme for event professionals, particularly freelancers. Registration takes 1 minute and we will match you to someone who can become your Support Buddy.

A bit like you, they are not likely to have any professional training in mental health but they will have your back.

Register at

**[www.stressmatters.org.uk/buddies-matter](http://www.stressmatters.org.uk/buddies-matter)**

### USEFUL RESOURCES

Visit the website and sign up to the fortnightly newsletter for ideas and information on managing your stress levels, building your resilience and crisis management.

Take the time to read through Insights from our previous industry studies.

**We don't want you to feel alone.**

**[www.stressmatters.org.uk](http://www.stressmatters.org.uk)**