

## Where to seek help

- Equity Health Database (This is a national list of GPs, Psychiatrists and Psychologists who have self-identified as having a special interest in or affiliation with the arts and/or artists)  
[meaa.org/campaigns/equity-wellness/](http://meaa.org/campaigns/equity-wellness/)
- Lifeline (24 hr crisis):  
131114
- Beyond blue (24 hr crisis):  
1300 224 636
- Kids helpline (24 hr crisis for people aged 5-25 yrs):  
1800 551 800
- e-headspace (online chat crisis service):  
[www.eheadspace.org.au](http://www.eheadspace.org.au)
- Suicide call back service:  
1300 659 467
- Entertainment Assist  
[entertainmentassist.org.au](http://entertainmentassist.org.au)
- Better Access Initiative (provides improved access to mental health practitioners through Medicare)  
[www.health.gov.au/mentalhealth-betteraccess](http://www.health.gov.au/mentalhealth-betteraccess)

## KEEP IN TOUCH

- Join in the conversation via our social channels using #equitywellness.
- Check out our website for meditations, videos, wellness tips and more.



@withMEAA



@withMEAA



@withMEAA



[equitywellness@meaa.org](mailto:equitywellness@meaa.org)



1300 656 513



[meaa.org/campaigns/equity-wellness](http://meaa.org/campaigns/equity-wellness)

If you are not already a MEAA member please contact 1300 65 65 13 to join now and get the full benefits of the work of the wellness committee.

You can also join online at [meaa.org/join](http://meaa.org/join)



## EQUITY WELLNESS COMMITTEE



## Our Mission

- Educate our industry about mental health and wellbeing.
- Provide resources and assistance to those who may be at risk or struggling.
- Create a culture of community and support and to reduce the stigma around these issues.

## ABOUT THE EWC

The Equity Wellness Committee (EWC) formed in 2016 in response to the growing need for the support of Australian entertainment industry workers suffering from mental health issues.

The Equity Foundation, together with Sydney University, has released a ground-breaking study into actors' wellbeing.

- Only 5% of actors earn the national average wage
- Around 40% of our community suffer from anxiety compared to 3.7% of the general population
- Around 26% performers report high levels of bullying and harassment
- 70% of trained actors did not receive training about psychological wellbeing
- Finally, 52% performers do not know where to find help

You can read the full report on the study findings via the EWC page at [www.mea.org](http://www.mea.org)



## WHAT ARE WE DOING

-Maintaining the Equity Health Database: a list of GPs, psychologists and psychiatrists who have a link to the arts.  
Visit [mea.org/campaigns/equity-wellness](http://mea.org/campaigns/equity-wellness)

- Collaborating with the Equity Foundation on events and workshops.  
Visit [equityfoundation.org.au](http://equityfoundation.org.au)

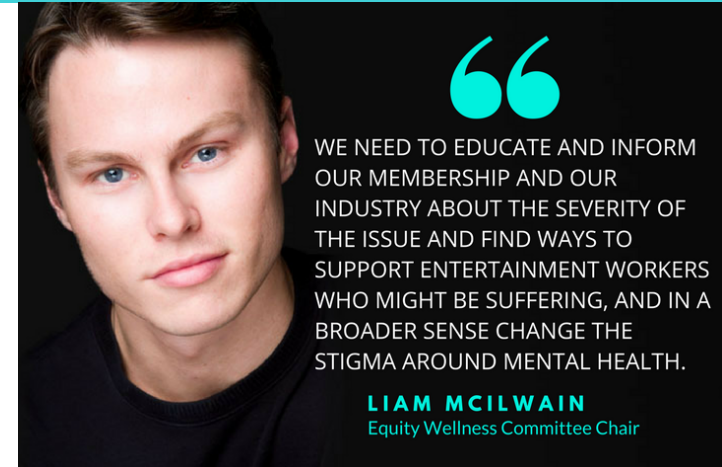
-Developing an online wellness portal with relevant resources for artists.  
Visit [zebra.mea.org](http://zebra.mea.org)

- Working closely with acting institutions to incorporate mental health into curriculums.

## GET INVOLVED

You can join the committee, become a "Wellness Warrior" (helping out at events and with campaigns), or share your ideas for wellness initiatives in your local area.

To get involved email [equitywellness@mea.org](mailto:equitywellness@mea.org).



WE NEED TO EDUCATE AND INFORM OUR MEMBERSHIP AND OUR INDUSTRY ABOUT THE SEVERITY OF THE ISSUE AND FIND WAYS TO SUPPORT ENTERTAINMENT WORKERS WHO MIGHT BE SUFFERING, AND IN A BROADER SENSE CHANGE THE STIGMA AROUND MENTAL HEALTH.

**LIAM MCILWAIN**  
Equity Wellness Committee Chair



“MY WISH IS THAT EVERY ACTOR KNOWS THAT IT IS OK AND IMPORTANT TO SEEK HELP, AT ANY TIME.”

**Francisco Lopez**  
Equity Wellness Committee Chair

