

Mental Health Initiatives in the Performing Arts

As part of our commitment to promoting the physical and mental wellbeing of the Live Performance Industry, LPA has supported the development of resources that promote mentally healthy workplaces via various industry initiatives including:

Arts Centre Melbourne's 'Arts Wellbeing Collective'

LPA was a major sponsor of the pilot program for Arts Centre Melbourne's 'Arts Wellbeing Collective.' The 'Arts Wellbeing Collective' is a program that supports mental health for workers in the arts sector. In 2018, Arts Centre Melbourne received funding from WorkSafe Victoria's Workwell *Mental Health Improvement Fund* to fund the program for a further three year period. For further information, please click here: <https://www.artswellbeingcollective.com.au/about/>

Australian Alliance for Wellness in Entertainment

LPA is a committee member of the Australian Alliance for Wellness in Entertainment (AAWE). For further information, please click here: <https://www.entertainmentassist.org.au/wellness/>

Heads Up Campaign

LPA joined the *Heads Up Campaign* which was a national campaign by Beyond Blue and the Mentally Healthy Workplace Alliance. Heads Up produced resources for businesses, managers, board members and employees. The initiative encouraged all Australian businesses to make mental health in the workplace a priority and LPA encouraged our Members to do the same. For further information and resources, click here: <https://www.headsup.org.au/>

Mentally Healthy Workplace Alliance

LPA is also a member of the Mentally Healthy Workplace Alliance (the Alliance). The Alliance is chaired by Lucy Brogden, Chair of the National Mental Health Commission and is supported by business and unions including the Australian Chamber of Commerce and Industry, the Australian Council of Trade Unions, the Australian Industry Group, the Australian Psychological Society Ltd, Beyond Blue, Black Dog Institute and others. The Alliance is currently in the process of gathering further input from stakeholders in order to assist with developing a National Workplace Initiative.

LPA will continue to participate in the initiative on behalf of our industry. For further information, please click here: <https://www.headsup.org.au/general/about-us/mentally-healthy-workplace-alliance>

Support Act's 24/7 Wellbeing Helpline

Support Act is an Australian charity which assists artists and music workers who are facing hardship due to illness, injury or some other crisis that impacts on their ability to work in music. In 2018, Support Act released a 'Wellbeing Helpline' which is a free, confidential counselling service available to anyone working in Australian music. The Helpline is accessible 24 hours a day, 365 days per year by calling **1800 959 500** within Australia. LPA has promoted this service to our Members and encouraged our Members to provide the Wellbeing Helpline telephone number to all their employees. For further information, please click here: <https://supportact.org.au/wellbeinghelpline/>