



Applause
for
thought

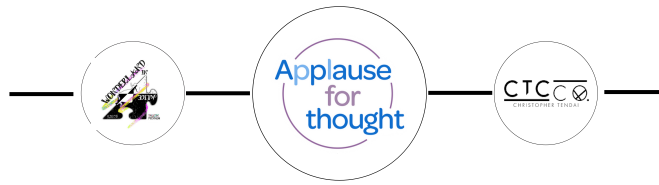
CTC CO
CHRISTOPHER TENDAI

CTC Dance Company

Wonderland in Alice

Mental Health & Well-being Resource Pack





Who are Applause for Thought?

Applause for thought is a multi-award-winning community interest company that was founded on February 3rd 2019 by creative Raffaella Covino and was born out of her lived experience working in the arts as someone who also has a dual mental health disorder diagnosis.

AFT facilitates lower cost mental health; support, talks and workshops, accredited mental health training and bespoke consultancy within the arts and entertainment industry.

The AFT mantra is 'Education Equals Prevention' as we believe that if we can empower individuals and organisations with the awareness, knowledge and tools surrounding mental health and make this information and support more accessible and affordable, we can not only help break the mental health stigma, but we can also help prevent more serious mental health concerns from developing and contribute to cultural change that will make the arts a healthier and more inclusive industry to be a part of.

To find out more about Applause for thought's work please find our channels below:

Website: www.applauseforthought.co.uk

Email: info@applauseforthought.co.uk

Twitter: [@ApplauseThought](https://twitter.com/ApplauseThought)

Instagram: [@applauseforthought](https://www.instagram.com/applauseforthought)

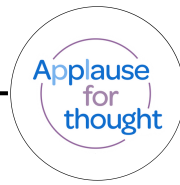
Team AFT x

Information about this Resource Pack

This resource pack provides information as well as a collection of links to organisations which can help to support mental health, emotional health and wellbeing. This is not an exhaustive list and is not intended to replace support/guidance from a GP or therapist.

The aim of this document is to support those who are working with or witnessing Wonderland in Alice.

We have made every effort to make sure it provides the most up to date information possible.



Helplines

BAPAM (British Association of Performing Arts Medicine): 020 7404 5888

Theatre Helpline: 0800 915 4617

Music Minds Matter UK: 0808 802 8008

Support within the Arts

Industry Minds

- 📷 [@industrymindsuk](#)
- 🐦 [@industrymindsuk](#)
- ✉️ info@industryminds.co.uk

Mary Burch BEM Counsellor (a sliding scale of free to low-cost 50 min therapy sessions)

- ✉️ mary@industryminds.co.uk

BAPAM

bapam.org.uk

Director's Charitable Foundation

www.directorscf.org/

Actor's Children's Trust

www.actorschildren.org

Solas Mind

www.solasmind.com

Stage Management Well-Being

[@SMWellbeing](https://twitter.com/SMWellbeing)

Association of British Theatre Technicians

www.abtt.org.uk

Arts and Minds

www.artsandminds.org.uk

Core Arts

www.corearts.co.uk

Arts Minds

www.artsminds.co.uk

Help Musicians

www.helpmusicians.org.uk

Wellbeing in the Arts

wellbeinginthearts.org.uk

Back up

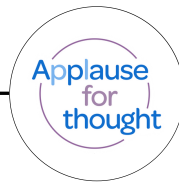
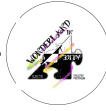
www.backuptech.uk

Artist Wellbeing

www.artistwellbeing.co.uk

Tonic Rider

www.tonicmusic.co.uk



Support Outside of the Arts

Anxiety UK

Helpline 03444 775 774
Text Support 07537 416 905
Email Support
support@anxiety.uk.org.uk

Calm Harm

An app to help manage the urge to self-harm
www.calmharm.co.uk

Recovery Warriors

App for those struggling with food, dieting, exercise and body image.
www.recoverywarriors.com/app/

Rethink Mental Illness

www.rethink.org

B-EAT Eating Disorders

www.beateatingdisorders.org.uk/
0808 801 0677

Find a Therapist

www.findatherapist.co.uk

CALM

www.thecalmzone.net
Helpline: 5pm-midnight
0800 585 858

The New Normal Charity

Peer to peer bereavement support groups
www.thenewnormalcharity.com

BACP

The British Association for Counselling and Psychotherapy
www.bacp.co.uk

BAATN

The Black, African and Asian Therapy Network
www.baatn.org.uk

Black Minds Matter

www.blackmindsmatteruk.com

The Self Space

Drop in/easy book therapy sessions online or in London (Shoreditch & Borough)
www.theselfspace.com
[@theselfspace](https://www.instagram.com/theselfspace)

Support for Youth

Young Minds

www.youngminds.org.uk

PAPYRUS

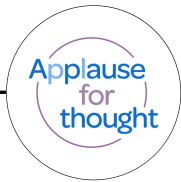
www.papyrus-uk.org

stem4

www.stem4.org.uk

Youth Mental Health Foundation

www.youthmentalhealthfoundation.org



Helplines

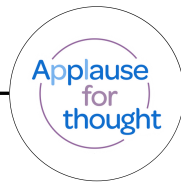
Samaritans - 116 123 (24/7 phone service)
 Shout - 85258 (All ages 24/7 texting service)
 Campaign Against Living Miserably (CALM).- 0800 58 58 58 (5pm - midnight)
 Papyrus HOPELINEUK - 0800 068 4141 (for under 35 year olds)

Registering with your GP

Visit www.nhs.uk/using-the-nhs/nhs-services/gps/how-to-register-with-a-gp-practice/ and follow their online guide to registering with a GP practice. You can even do it if you're a temporary resident.

Mind

<p>Hammersmith, Fulham, Ealing & Hounslow</p>	<p>☎ 020 7471 0580 ✉ enquiries@hfmind.org.uk</p>	<p>Brent, Wandsworth & Westminster</p>	<p>☎ 020 7259 8100 ✉ admin@bwwmind.org.uk</p>
<p>Haringey</p>	<p>☎ 020 8340 2474 ✉ admin@mih.org.uk</p>	<p>Islington</p>	<p>☎ 0203 301 9850 ✉ admin@islingtonmind.org.uk</p>
<p>Kensington & Chelsea</p>	<p>☎ 020 8964 1333 ✉ enquiries@kcmind.org.uk</p>	<p>Camden</p>	<p>☎ 020 7911 0822 ✉ admin@mindincamden.org.uk</p>
<p>Lambeth & Southwark</p>	<p>☎ 020 7501 9203 ✉ informationservice@lambethandsouthwarkmind.org.uk</p>		



LGBTQIA+ Support

Switchboard

www.switchboard.lgbt
0800 0119 100

MindOut

www.mindout.org.uk

GALOP

www.galop.org.uk

**LGBT
Foundation**

www.lgbt.foundation

Stonewall

www.stonewall.org.uk

LGBT Hero

www.lgbthero.org.uk

**London
Friend**

www.londonfriend.org.uk

**Gendered
Intelligence**

www.genderedintelligence.co.uk

Mermaids

www.mermaidsuk.org.uk

**Mindline
trans+**

0300 330 5468

Spectra

www.spectra-london.org.uk

GIRES

www.gires.org.uk

**The
Beaumont
Society**

www.beaumontsociety.org.uk

**The Clare
Project**

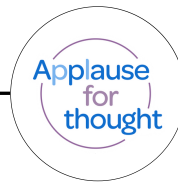
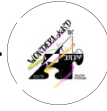
www.clareproject.org.uk

**Kaleidoscope
Trust**

www.kaleidoscopetrust.com

TransUnite

www.transunite.co.uk



Promoting Positive Mental & Physical Well-Being

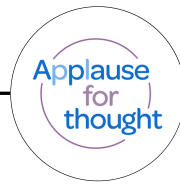
Grounding Techniques

Grounding is a technique that helps us focus on the present. It is useful when you feel overwhelmed, intensely anxious, or disconnected from your surroundings. If one of the below examples doesn't feel like the right fit for you, there are many available online if you search for 101 grounding techniques.

The Body Awareness Exercise

The body awareness technique will bring you into the here-and-now by directing your focus to sensations in the body. Pay special attention to the physical sensations created by each step.

- Take 5 long, deep breaths through your nose, and exhale through puckered lips.
- Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
- Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
- Clench your hands into fists, then release the tension. Repeat this 10 times.
- Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
- Rub your palms together briskly. Notice the sound and the feeling of warmth.
- Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.
- Take 5 more deep breaths and notice the feeling of calm in your body.



Mental Exercises

Use mental exercises to take your mind off uncomfortable thoughts and feelings. They are discreet and easy to use at nearly any time or place. Experiment to see which work best for you.

- Name all the objects you see.
- Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favourite meal, or tie a knot.
- Count backwards from 100 by 7.
- Spell your full name, and the names of three other people, backwards.
- Name all your family members, their ages, and one of their favourite activities.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and “draw” it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.

The Categories Game

This categories game is designed to focus the attention away from worrisome and intrusive thoughts, to help guide us towards the present.

Go through each step slowly, one at a time

1. Choose a letter of the alphabet.
 - Name 3 animals starting with this letter.
 - Name 3 places starting with this letter.
 - Name 3 jobs starting with this letter.
2. Choose a colour.
 - Name 3 objects of that colour.
 - Name 3 foods of that colour.

Repeat the process as many times as you need to start feeling your thoughts slow down.

The Mirror Exercise

This mirror exercise allows for the person to notice themselves in a non-judgmental way and to be present in the moment.

Go through each step slowly, one at a time

1. Look at yourself in the mirror.
2. Smile, even if that's the last thing you feel like!
3. Describe how that feels.
4. Name 5 things you can see.
5. If negative thoughts come to mind, write them down to look at later but let them go for now.

Repeat this process as many times as you need to start feeling your thoughts slow down.

The Walking Exercise

This walking exercise is a good sensory awareness grounding exercise that helps to reconnect us to our bodies, focus on the here-and-now, and release our stressful thoughts.

Go through each sentence slowly, one at a time

1. Walk around slowly wherever you are.
2. Practice noticing each step as your feet touch the ground.
3. Which part of your foot touches the ground first?
4. Where do you notice the pressure?
5. Notice your feet leaving the ground.
6. Notice the moment where you are balancing on one foot before you take the next step.

Repeat this process as many times as you need to start feeling your thoughts slow down.