Mental Health in the Performing Arts: Resources

These resources are a combination of those suggested by the panelists in part 1 and part 2 of our Mental Health in Performing Arts series, as well as suggestions from our audience members. PAMA does not have any specific association with any of these resources or organizations.

Tools:
- Meditations for Actors app: https://www.meditationsforactors.com/
- Mindfulness for Dancers book by Corrine Haas
- Awe: The New Science of Everyday Wonder and How It Can Transform Your Life by Dacher Keltner
- Mindfulness Based Stress Reduction: https://jkzmeditations.com/

Further training:
- Mental Health First Aid Canada: https://www.mhfa.ca/

Supports:
- Entertainment Community Fund (formerly the Actors Fund):
  https://entertainmentcommunity.org/
  o Services for performers and great newsletter
- National Alliance on Mental Illness helpline: https://www.nami.org/help
- The Centre for Clinical Interventions Australia:
- The Trevor Project for LGBTQ+ youth: https://www.thetrevorproject.org/
- Now Matters Now: https://nowmattersnow.org/skills

Concepts to explore further:
- Positive psychology: https://positivepsychology.com/
- Compassionate Inquiry: https://compassionateinquiry.com/the-approach/
- Compassionate curiosity: https://www.understood.org/en/articles/using-compassionate-curiosity-to-drive-empathy
- Self compassion: https://self-compassion.org/
- Food neutrality: https://dancenutrition.com/what-is-food-neutrality/

Research/Presentations: