

Worried about
your mental
health?

**THEATRE
HELPLINE.org**

Are you?

an actor

front of
house

off stage

an entertainment
act

in dance

a musician

an emerging
producer

Are you a
parent?

The Royal Theatrical Fund
trif.com

Dance Professionals Fund
dancefund.org.uk

Yes

No

Royal Variety Charity
royalvarietycharity.org

Help Musicians
helpmusicians.org.uk

Actors' Benevolent Fund
actorsbenevolentfund.co.uk

Actors' Children's Trust
actorschildren.org

Stage One
stageone.uk.com

These charities may act as conduits and direct your enquiry to other charities who can best help you.