



**Local 600**  
International Cinematographers Guild

## Mental and Behavioral Health Resources

### Entertainment Community Fund (ECF) Mental Health

The ECF provides members with assessments to help determine your mental health needs, short-term supportive counseling, support groups that offer a space to connect with others in the community, and more. [Learn more here.](#)

### MPTF Counseling and Support Groups

MPTF offers access to counseling and support groups as well as inpatient services to those treated at the Samuel Goldwyn Jr. Center for Behavioral Health in Woodland Hills. [Learn more here.](#)

### BTS's Mental Health & Suicide Prevention Initiative

The Mental Health and Suicide Prevention Initiative, launched by the nonprofit organization Behind the Scenes (BTS), was started in 2019 and has added several features since the pandemic, now including such offerings as a list of suicide prevention resources; anti-bullying and harassment information; a therapist finder; a self-assessment tool and even an anonymous peer-to-peer chat app. [Learn more here.](#)

### MPI Wellness Classes

View MPI's full [Wellness Calendar](#) for a comprehensive listing of all their free class offerings.

### The Actors Fund Workshops, Groups & Seminars

Register for [The Actors Fund](#)'s free workshops, groups and seminars on health and wellness, career development, and much more.

### Optum's MAP: Coping After a Tragic Event

If you turn on the TV, pick up a newspaper or go on the Internet, you'll likely find the news is full of tragic events. Some tragedies involve unthinkable acts of violence, which can be difficult to understand. Please know that all MPI members have access to Optum MAP (Member Assistance Program) at (888) 661-9141 or [visit their website](#). For those NOT covered by MPI insurance, contact Optum Public Support Line at 866-342-6892.