

## We help artists stay focused and creative on the set

Daraknot Health offers a variety of mental health programs to help navigate the emotional challenges during production.



### Concierge Mental Health Care at the studio or on location

Mental health is at the forefront of our daily lives more than ever before. The entertainment industry is no exception. In a creative environment where money is on the line and deadlines are the first priority, stress and anxiety can easily rule the day.

Daraknot Health offers a variety of programs to help navigate the environment on set to keep everyone from the production assistants to the stars feeling and performing their best. Psychologists and therapists can lend an ear and help work through complex issues that may arise while shooting. Sober coaches can help those in recovery maintain their sobriety on set. Addiction specialists can intervene if a dependency is discovered during production.



# DARAKNOT HEALTH

Mental Health Wellness for Entertainment

## Support for artists, crew and the production team

*CLICK below to read how mental health support is making a difference on the set:*

*[Hugh Jackman Says Mental Health Support on Film Sets Is Needed: “Well-Being in All Forms Is Really, Really Important”](#)*

*[The Looking Glass: tracking mental health in film and TV](#)*

*[Film and TV production is stressful. Some sets are turning to therapy](#)*

### Concierge Mental Health Care for the studio or on location

#### Mental Health Support

Emotions run high during production. Stress, anxiety and heated disputes can potentially create production delays, or even a full shut down. Daraknot Health can help keep your project running smoothly and on schedule:

- Minimize liability associated with substance use disorders
- Save time and money by keeping your production on schedule
- Offer mediation for stressful blowouts when team members “step on toes”
- Help actors transition emotionally between scenes
- Offer support therapy to manage emotional challenges on set like anxiety, and depression
- Empower the artists, crew and executives wellness coaching to achieve optimal performance
- Support for sobriety through addiction coaching

#### Sobriety Support

Pressure to perform coupled with long shooting days are common triggers specifically for artists with substance use disorders. Daraknot Health offers Concierge Care to support sobriety during production:

- Wellness and Addiction Coaching sessions with a licensed mental health professional
- Intervention when a substance dependency is discovered during production.
- Personalized program planning and services that can include sober coaching, physical training, yoga, massage therapy, narrative coaching, art therapy



## DARAKNOT HEALTH

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We can help.  
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