

What to Expect: Filming with SafeSide

Thank you for contributing to SafeSide Prevention's educational content. SafeSide envisions a world where every person is respected, connected, and giving to others. Whether through lived experience, clinical expertise, or professional acting, your contribution helps make this vision a reality by creating high-quality, impactful materials that inspire and educate.

Why Participate?

Your involvement helps create authentic, impactful materials that support healthcare providers, mental health workers, and communities.

How SafeSide Uses Your Contribution

SafeSide uses the materials created to teach and raise awareness about mental health and suicide prevention. Some content may appear on our website or social media platforms. Please refer to the consent form for further details.

- **Lived Experience:** Insights from people with lived and living experiences are essential for effective education and awareness efforts. SafeSide collaborates with lived experience faculty and experts to develop conversational, authentic materials. Your story helps highlight the diversity of experiences and perspectives necessary to foster connection and understanding.
- **Clinical Expertise:** Healthcare professionals demonstrate real-world applications of mental health and suicide prevention practices. These materials guide learners in adopting evidence-based strategies and improving their confidence in critical scenarios.
- **Professional Acting:** Actors bring educational scenarios to life with authenticity and sensitivity. Your performances create realistic environments where learners can practice skills and safely engage with mental health concepts.

If you change your mind about your participation, SafeSide will take reasonable steps to modify or remove materials as requested.

What to Expect During Production

Preparation

Scenario briefs, character backgrounds, and questions will be provided in advance. Option for a pre-filming consultation to address questions and ensure clarity on language, topics, and portrayals.

Filming Day

Comfortable settings with professional lighting and trusted production teams. Plan for 2–4 hours per scenario, including setup, multiple takes, and regular breaks. The team will guide and support you throughout the process.

What to Wear:

- Casual side of professional – Button-down/polo/blouse. Bring a jacket/blazer/outer layer as an option – studios usually start cooler but warm up when you're under the lights.
- Avoid tiny patterns, as they can be tricky on camera.
- Shades of blues, purples, browns, greens, reds look best on camera. Keep in mind that white will wash out lighter skin tones, and all black clothing absorbs too much light.

What to Bring:

- Water and snacks will be provided. Reach out with any dietary restrictions or allergies we should know about. Feel free to bring anything else you'd like.
- Notes/laptops can be kept nearby to check during breaks.

Ensuring a Positive and Safe Experience

SafeSide follows best practices for safety, sensitivity, and non-stigmatizing communication. You remain in control of what you share and can pause or stop anytime. Support will be readily available if discussing your story or performing challenging content brings up emotions.

For questions, contact SafeSide at support@safesideprevention.com.

Meet the Team

We know filming days can feel overwhelming,
but our team is here for you. Tap any of us
on the shoulder for support.



Kristina Zurich

Lived Experience Instructor
and Faculty



Melanie Clark

Program Coordinator and
Family Advocate



Tony Pisani

Chief Scientific Advisor



Dan Mobbs

Director of Workforce
Education and Innovation



Hannah Mang

Senior Video Producer
and Editor

Meet the rest of the team here:
www.safesideprevention.com/about

Ready on Set

A SafeSide set may look something like this:

