

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, professional expertise, or 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, schools, 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.
- **Professional Expertise:** 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.
- **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

Detailed steps will be provided, and we may suggest a virtual meeting or phone call before filming. If you're sharing your story, we'll develop a question guide and share it with you. If you're taking part in a demonstration, we'll provide scripts and arrange rehearsals. Guidance and coaching are available throughout.

Filming Day

Comfortable settings with professional lighting and trusted production teams. Exact call times will be provided prior to filming. We leave room for you to get settled in on set, with regular breaks and multiple takes (if needed). The team will guide and support you throughout the process.

What to Wear:

If you are playing a character, we'll let you know what to wear in advance, but for everyone else, here is what we suggest:

- Aim for the casual side of professional, such as a button-down/polo/blouse. Bring a jacket/blazer/outer layer as an option – studios usually start out 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, and 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 will always be provided. Snacks, breakfast, and lunch may be provided depending on the length of time you'll be on set. We will ask you about dietary restrictions or allergies if applicable.
- Notes/laptops can be kept nearby to check during breaks.
- Feel free to bring anything else you'd like.

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



Sarah Donovan

Senior Vice President of
Programs and Services



Dan Mobbs

Director of Workforce
Education and Innovation



Hannah Corcoran

Director of
Creative Productions

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

Ready on Set

A SafeSide set may look something like this:

