



EQUITY



CULT Cymru 2026

CREATIVE UNIONS LEARNING TOGETHER



Supporting mental health
in the creative industries
2026 free training opportunities
for creatives in Wales





About us

CULT Cymru is a joint-union learning programme that supports creative professionals throughout Wales. Our work around mental health, wellbeing and equalities is funded via the Wales Union Learning Fund (WULF) and Creative Wales.

We collaborate with a wide range of partners, both within and beyond the creative industries to provide learning opportunities that are relevant, accessible and affordable.

Our aim is to drive cultural change by offering training that enhances mental health and wellbeing whilst also promoting equity, diversity and inclusion.

We have partnered with 6ft From the Spotlight, an organisation dedicated to improving mental health and wellbeing in creative workplaces, to deliver high-quality training that embeds positive working practices and mentally-healthy approaches in every stage of a production.

Through collaboration, our highly trained Wellbeing Facilitators, Mental Health First Aiders and trainers help create supportive working environments, strengthen leadership, and ensure teams operate with the highest standards of care and professionalism.



Sessions

MENTAL HEALTH FIRST AID

Various dates available	Mental Health First Aid	Locations throughout Wales	2 full days
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MENTAL HEALTH TRAINING OVERVIEW

27.01.26	Resilience for Creatives	Online	10:00-12:00
30.01.26	Mental Health Risk Assessments	Online	10:00-13:00
03.02.26	Safeguarding Crew, Cast, and Contributors	Online	10:00-13:00
10.02.26	Responsible and Mentally Healthy Productions: The Foundations	Online	10:00-13:00
03.03.26	Psychologically-Safe Teams	Online	10:00-13:00
24.03.26	Managing in the Creative Industries	Cardiff	All day
26.03.26	Coaching for Creatives	Cardiff	All day

CAFE CULT

20.01.26	Neurodiversity in the Creative Industries	Online	13:00-14:00
25.02.26	Accessibility in the Creative Industries	Online	13:00-14:00
04.03.26	Understanding Gender Identity	Online	13:00-14:00



MENTAL HEALTH FIRST AID

Various dates, 2-day course
In person

This certificated two-day course aims to improve mental health awareness and help people in the creative sectors to recognise the signs and symptoms of mental health conditions.

- ✔ Give initial help to someone experiencing a mental health problem
- ✔ Deal with a crisis, or the first signs of someone developing mental ill health
- ✔ Guide people towards appropriate support.

RESILIENCE FOR CREATIVES

27.01.26, 10:00–12:00
Online

“Excellent course about emotional resilience at work and in life”

Develop greater resilience to support yourself in your work and personal life, particularly during challenging periods. Build sustainable resilience into your life so you can enhance your creativity, productivity and wellbeing.

- ✔ Discern how your own thoughts, feelings and behaviours are impacting your resilience levels
- ✔ Identify your own burnout patterns and resilience patterns and how these affect you
- ✔ Create a practical plan to build sustainable resilience into your life.



MENTAL HEALTH RISK ASSESSMENTS

30.01.26, 10:00–13:00
Online

To provide a clear understanding of Mental Health and Stress Risk Assessments. Mental Health Risk Assessments are required by law and are increasingly a key part of any managers'/team leaders' "best practice" toolkit to protect workers and prevent psychological stress or injury.

- ✔ Identify a broad range of stress and mental health risk factors
- ✔ Explain the aims of stress and mental health risk assessments
- ✔ Identify unique factors for the creative sector
- ✔ Create a Mental Health Risk Assessment for a production or event.

SAFEGUARDING CREW, CAST & CONTRIBUTORS

03.02.26, 10:00–13:00
Online

Covers practical tools and knowledge in relation to duty of care, confidentiality, and safeguarding frameworks for the screen sector. There will be an emphasis on the skills required to navigate safeguarding conversations and maintain healthy boundaries.

Recognise clear ways to apply safeguarding frameworks

Identify signposting opportunities

Name the foundations of duty of care and confidentiality

Apply tools to navigate safeguarding conversations.



RESPONSIBLE AND MENTALLY-HEALTHY PRODUCTIONS: THE FOUNDATIONS

10.02.26, 10:00–13:00
Online

What is a mentally-healthy production? This course will provide a guide to define duty of care in the workplace and look at the provision of reasonable adjustments in the wake of CIISA's Creative Industries Independent Standards.

- ✔ Identify tools to navigate safeguarding conversations
- ✔ Recognise signs of stress, anxiety, burnout, and crisis
- ✔ Utilise scaffolding of supportive conversations
- ✔ Outline boundaries & self-care in high-pressure environments.

PSYCHOLOGICALLY-SAFE TEAMS

03.03.26, 10:00–13:00
Online

This course will help anyone interested in teamwork to understand and apply the foundations of Psychological Safety (PS), which is evidenced to support highly productive, creative and innovative teams. PS Teams demonstrates how this can be achieved.

- ✔ Explore the challenges to creating PS climates
- ✔ Identify your own experiences of psychologically-safe and unsafe working
- ✔ Create a blueprint for implementing psychological safety in your work.



MANAGING IN THE CREATIVE INDUSTRIES

24.03.26, 1-day course
In person, Cardiff

This training will support those working in high performance environments in Wales to manage stress levels and create a healthy environment where everyone can do their best work.

- ✔ Identify duty of care responsibilities
- ✔ Utilise practical tools for promoting positive wellbeing in the workplace
- ✔ Exemplify stress responses and effective stress management
- ✔ Using feedback to create strong, dynamic and engaged teams
- ✔ Outline filters and biases that managers may unknowingly use when giving feedback.

COACHING FOR CREATIVES

26.03.26, 1-day course
In person, Cardiff

For people who are in, or soon to be in, managerial/supervisory roles including Heads of Department. Producers, Managers and anyone with responsibility for others.

- ✔ There will be a focus throughout on boundaries, ethical approaches, and the well-being of the participants. Using key coaching practices to enable:
 - active listening;
 - building trust and rapport;
 - goal-setting
- ✔ A range of techniques drawn from the fields of behaviour change and positive psychology including:
 - empowering people;
 - identifying strengths and how to apply them.



CAFÉ CULT

Café CULT brings together charities and organisations involved in mental health, wellbeing, and inclusion to share and discuss the services they offer to those working in the creative industry. Our aim is to strengthen support for colleagues and communities.

Welcome to anyone working in the creative sector to join the conversation and to learn and explore ways to create more inclusive and supportive workplaces.

NEURODIVERSITY IN THE CREATIVE INDUSTRY

20.01.26, 13:00–14:00

Online

A look at how the creative sector can better recognise, include, and empower neurodivergent talent. This session explores practical ways to create environments where different minds can thrive.



ACCESSIBILITY IN THE CREATIVE INDUSTRY

25.06.26, 13:00–14:00
Online

An insight into building truly accessible creative workspaces, productions, and experiences. Learn how inclusive design strengthens storytelling across screen and stage.

UNDERSTANDING GENDER IDENTITY

04.03.26, 13:00–14:00
Online

A clear, supportive introduction to gender identity within creative environments. This session helps organisations foster respectful, informed, and inclusive practices on and off set.



EQUITY



Contact us. We'd love to support you.

For course bookings, enquiries, and further resources, scan our QR code to see the latest training offers or visit our website.

Email:

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Website:

www.cult.cymru

Socials:

[bsky.app/profile/
cultcymru.bsky.social](https://bsky.app/profile/cultcymru.bsky.social)

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