

Description of Additional Supplementary Files

File Name: Supplementary Movie 1

Description: **Related to Figure 2.**

Confinement of HeLa cells induces the rapid accumulation of mitochondria within nuclear indentations. Mitochondria stained with MitoTracker are shown in magenta, and nuclei stained with Hoechst are shown in cyan. Yellow arrows show nuclear indentation and nucleus-associated mitochondrial accumulation.

File Name: Supplementary Movie 2

Description: **Related to Figure 2.**

Cross-sectional view of a HeLa cell being confined showing the formation of nuclear indentations containing mitochondria, stained with MitoTracker and shown in magenta

File Name: Supplementary Movie 3

Description: **Related to Figure 3.**

Comparison of ER mobility in suspension HeLa cells as opposed to cells in confinement. ER is visualised in cells by the expression of pmTurquoise2-KDEL.