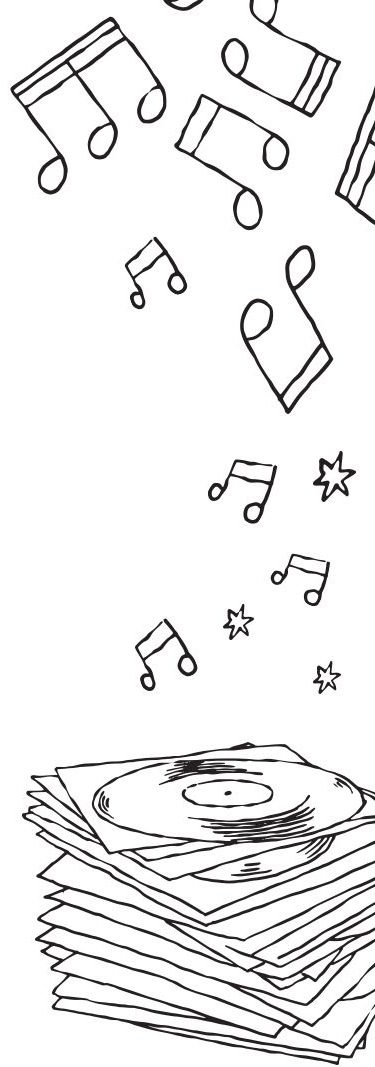


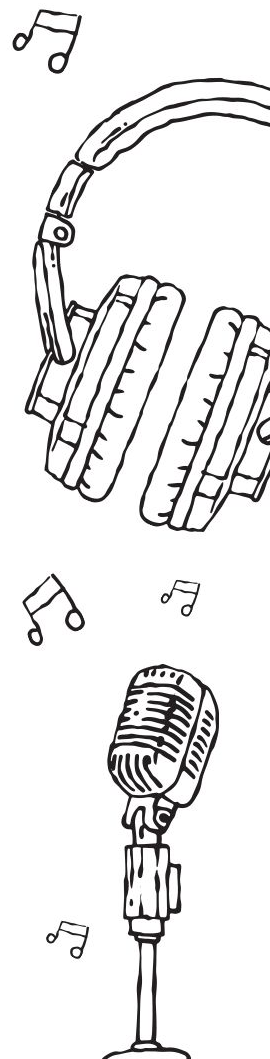


Songtrust®



Welcome - we'll get started **soon.**

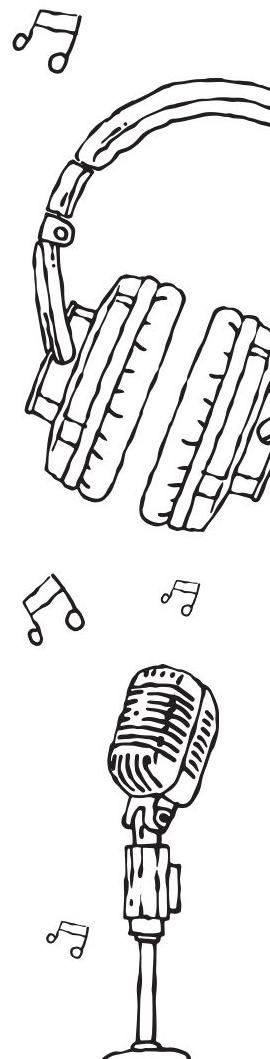
While you wait, use the chat box to let us know **where** you're tuning in from and answer the **poll.**



How Am I Really Doing?

Discussing Mental Health Among Creators

Songtrust Panel





Chantelle St.Clair
Marketing Communications
Manager



Tom Middleton
AFEM Health Co-Chair,
Pioneering Electronic Artist/DJ,
and Sleep & Well-Being Specialist



Mandy Morris
Licensed Mental Health
Professional Counselor



AdELA
Independent Songwriter
& Songtrust Client



Today's Agenda

Today we'll:

- Discuss the music industry's **current landscape** in relation to mental health concerns
- Define and explain the **effects of common mental health issues** including stress, anxiety, and depression, with the help of a mental health professional
- Learn **first-hand experiences** from the creator, mental health professional, and industry professional perspectives
- Share **tips for coping** and **resources available** for creators



Music x Mental Health Landscape

In a 2018 study from the Music Industry Research Association:

50%

musicians reported battling symptoms of depression*

12%

musicians reported having suicidal thoughts*

73%

independent musicians have battled stress, anxiety, and depression*

19%

feel the music industry is providing healthy working environments

According to a 2019 study published by Swedish digital-distribution platform, Record Union:

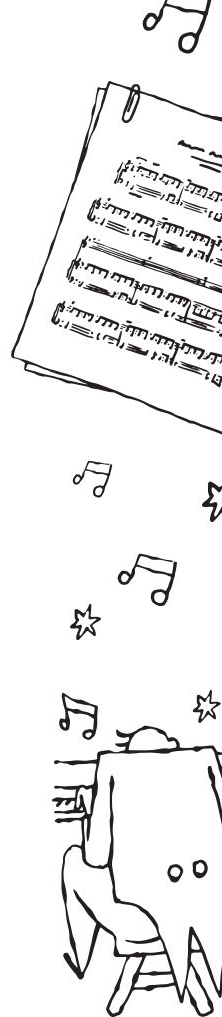


Defining Stress

Stress is the body's alarm system in that it is your body's reaction to a change that requires a physical, mental, or emotional adjustment or response.

Stressors can be
internal or external

Responses include
fight, flight, or freeze



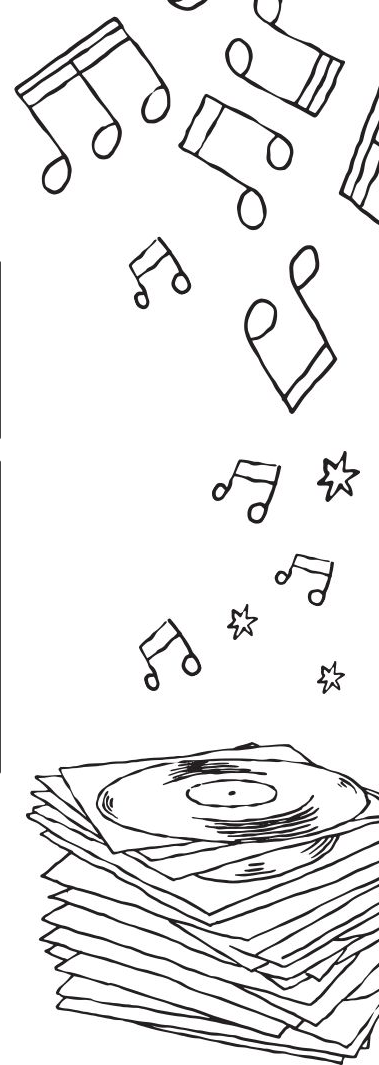
Defining Anxiety

Anxiety is a physiological and physical reaction to a perceived threat consisting of fear, worry, and an intense fear connected to uncertainty.

Normal reaction to:
**real threat, deadline, or
need to be alert**

Can **manifest** as:

- Feelings of dread
- Fear
- Agitation
- Increased heart rate and more...

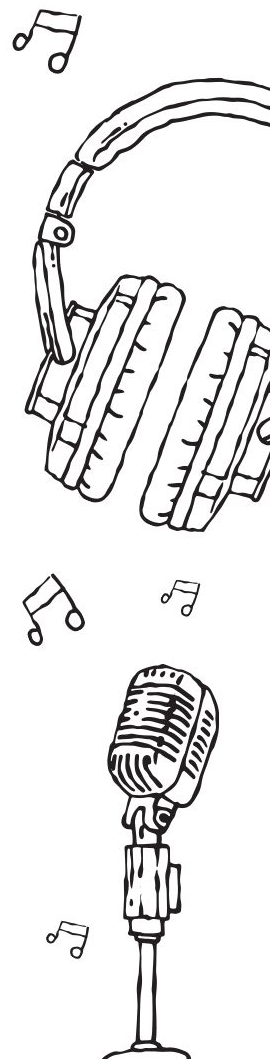


Defining Depression

Depression is described as excessive feelings of sadness, hopeless, guilt, worthlessness, and/or loss of interest/pleasure in activities

**Negative thinking
patterns**

**Cycles of
Depression**



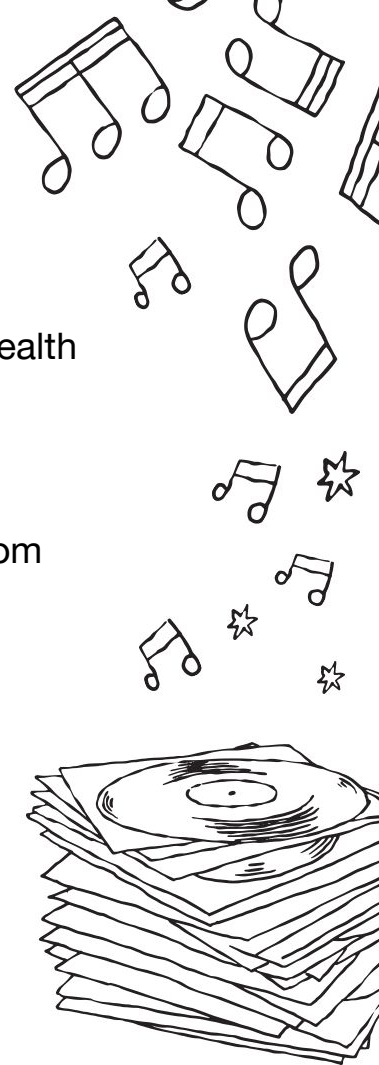
Coping Tips and Resources

Coping Tips

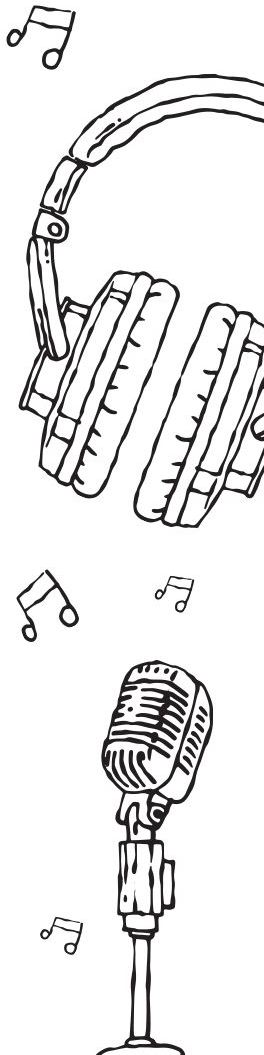
- Develop E.Q (Emotional Intelligence)
- Build a support system
- Look out for physical changes and attribute those to how you're feeling
- Have a coping plan, aka what process will you go through to identify an issue
- Reach out when you need help!

Resources

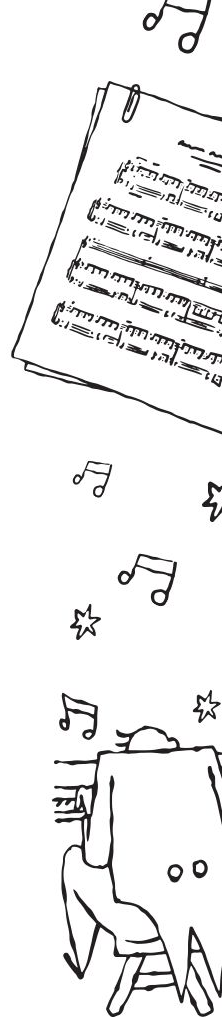
- Download Songtrust's Mental Health Packet
- Find support
 - musicindustrytherapists.com
 - www.musicsupport.org
 - simsfoundation.org
 - and more...
- Connect with your community



Questions & Answers



Who is **Songtrust**?

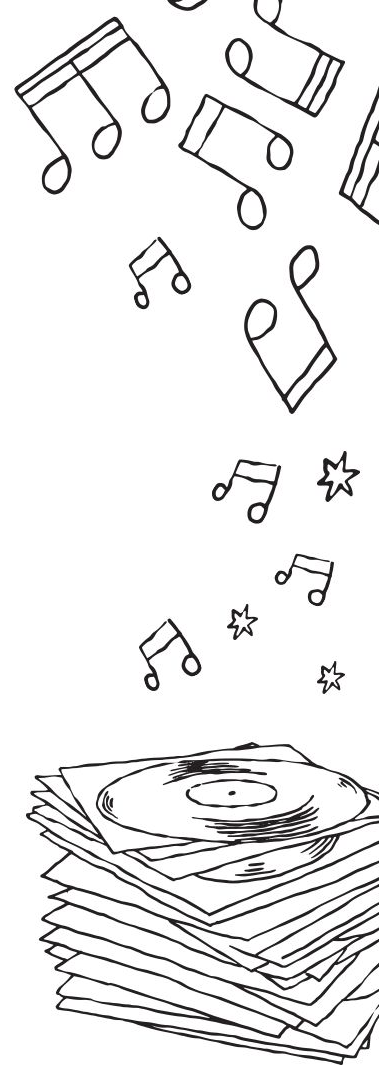


300K+

**Songwriters Registered
with Songtrust**

2MM+

Songs Represented



Mandy Morris

@therapist_mandy

AdELA

@adelamusic

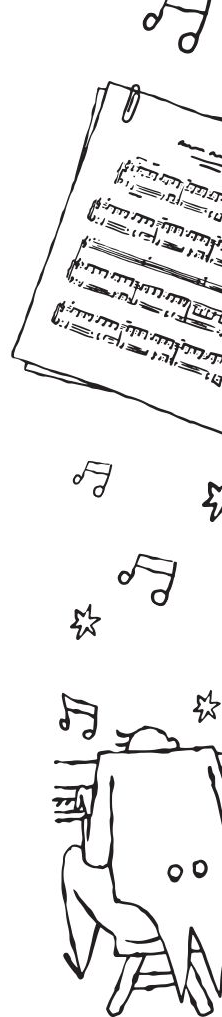
Tom Middleton

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For further questions, email us.

contact@songtrust.com





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