

Music
Minds
Matter

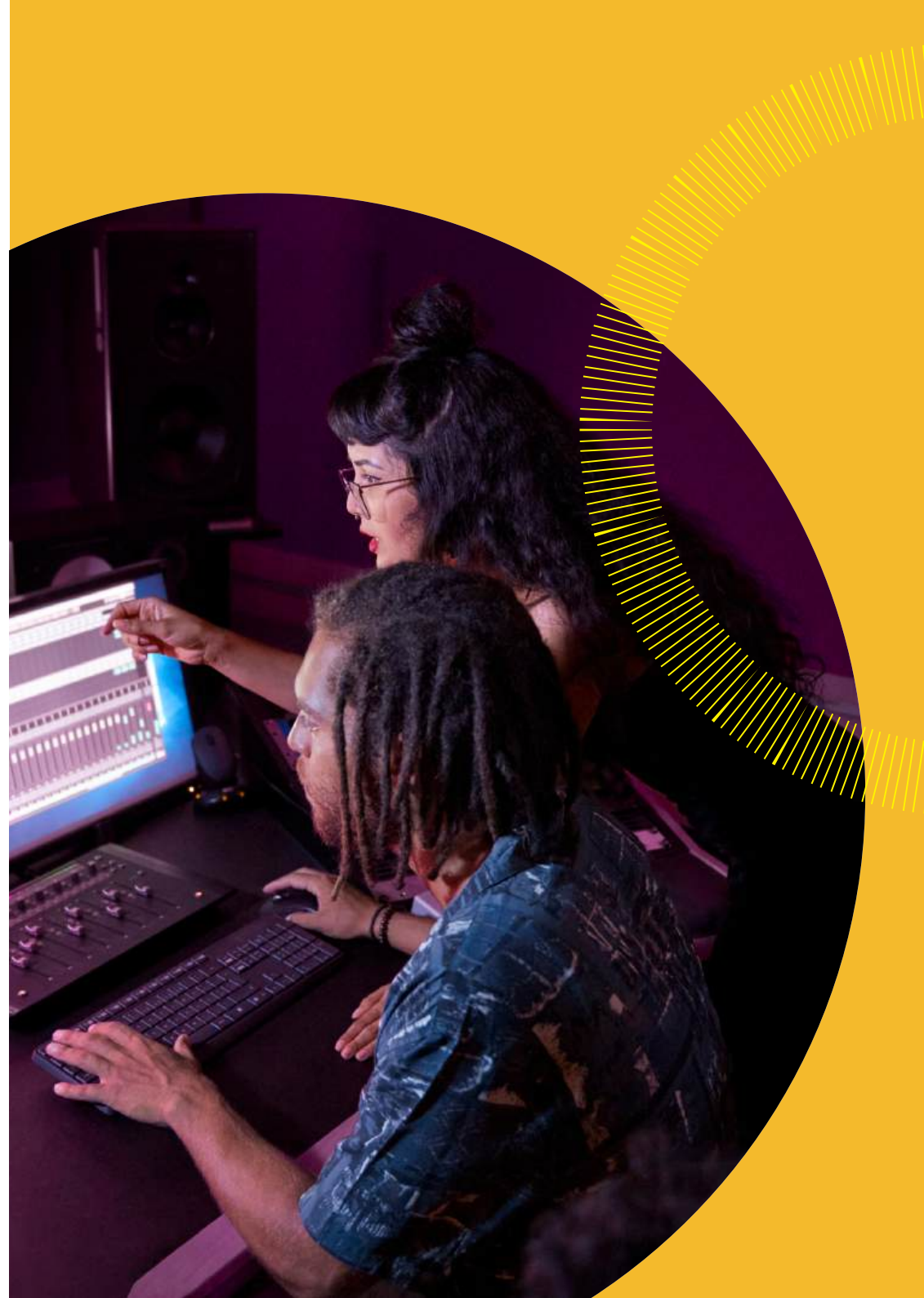
Taking care of each other in music



What can you do?

Working in music is rarely a solo job. Whether you are part of a single team or a freelancer moving from one team to another regularly, the people you connect with each day in music will often be the first to notice when you're having a harder time, and you'll often notice if they're struggling too.

While working in music can be an amazing, it also comes with many challenges. Things like long, late hours; competition and money worries take their toll and it's normal to have periods of higher stress. However, sometimes people don't seem themselves for a longer time and it's important to know what you can do if you are worried about the mental health of a teammate.



What are the signs that your teammate might need help?

- Not coping as easily with everyday stresses
- Decisions and actions that seem out of character
- Seeming to overreact or start arguments
- Eating more or less than usual
- Changes in use of alcohol and/or drugs
- Taking less care of themselves
- Looking tired
- Being extra hard on themselves
- Expressing lots of worries or unhappiness

The biggest sign is often someone being different to how they usually are.

Where can a teammate get urgent help for their mental health?

- If its an emergency and your teammate or someone else is in danger of harm, call 999 or go to A&E with them now, you don't need to keep it confidential
- The NHS provides free advice for people who need urgent help – call **111** and select the mental health option
- Tell your teammate about specific support for the challenges they are facing, musicmindsmatter/gethelp has a list of organisations that provide support for people in music
- Encourage your teammate to make a GP appointment. If your teammate has ongoing mental health problems, it can be possible to agree others can make GP contact for them as part of a structured and pre-agreed support plan with their GP. If this isn't in place though, encourage them to make a call themselves, offering to be with them when they do so, if helpful
- For less urgent situations, help them think through support available from: friends and family; music industry (peers, trade bodies they might be a member of); professional services (charities, recovery groups etc.)

What if your teammate speaks to you about their worries?

You don't need all the answers; listening is useful and your aims should usually be to help them feel accepted and identify where they can get any support they might need. Some quick tips to help:

- Ask open questions that help them identify what could help them: Have you been through anything like this before? Did anything help? Have you got anyone around who you know could help?
- Try to avoid sharing your own experiences back, giving solutions or minimising what they are feeling
- Don't feel pressured to commit to taking actions to help that you aren't able to

How can you create a supportive space for teammates?

Whether you are part of a team for a single event or you work with the same people for years, you can play an important part in making music a supportive space for the people around you:

- **Buddy up on self-care activities and goals:** running clubs, journalling slots, healthy lunch breaks, online yoga etc
- **Share a routine:** structure is great for wellbeing but can be hard to make on a freelance schedule, aligning a routine with others for things like breaks, admin etc, can help, even if you're working on different jobs
- **Share information:** displaying information about mental health support in locations where you work or on your social platforms where others in music can see them builds positive awareness
- **Have conversations:** normalise talking about feelings by checking in with others and being honest about your good and not so good days



Protecting your boundaries

If a teammate is leaning on you more than you can cope with then it's ok to:

- Explain you are sorry for what they are going through and that you want them to get the right help but that you are not able to give the support they need and
- Suggest where they can get some further help

If you are part of a bigger team, its ok to have a sensitive check-in with others to see if they have noticed the changes too - they might be able to support too so that you are not dealing with it on your own.

You can call the Music Minds Matter 24/7 free helpline for confidential emotional support around the situation with your teammate, or to discuss anything else on your mind: [0808 802 8008](tel:08088028008)



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Music Minds Matter is the charity putting positive mental health centre stage in music.

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