

Appendices

Appendix 1: Musicians Interviewed and their Demographics

number	occupation	genre	gender	location
1	Musician	Pop/Soul	M	London
2	Singer/Songwriter	Pop	F	London
3	Musician	Jazz/Soul	F	London
4	Performer/Producer	Hip-hop	M	Manchester
5	Musician	Jazz	M	Birmingham
6	Musician	Indie/Theatre	F	Belfast
7	Musician	Jazz	F	London
8	DJ	Dance	F	Manchester
9	Songwriter	Reggae/Soul	F	Manchester
10	Singer/Songwriter	Soul/Dance	F	Bristol
11	Musician	Classical	F	London
12	Songwriter	Pop	F	London
13	Musician	Rock	M	London
14	Musician	Rock	M	Newcastle
15	Musician	Dance	M	London
16	Musician	Folk	M	Glasgow
17	Musician	Classical	F	Birmingham
18	Producer	Dubstep	M	London
19	Producer/Songwriter	Pop	M	London
20	Producer	Dance	M	London
21	Musician	Folk	F	Cardiff
22	Musician	R&B	F	London
23	Singer	Opera	F	London

continued

Appendix 1: *continued*

number	occupation	genre	gender	location
24	Singer/Songwriter	Folk	M	London
25	Musician/Educator	Jazz/Pop/Rock	M	Edinburgh
26	Musical Director	Musical Theatre	M	Newcastle
27	Producer/Rapper	Hip-hop/Spoken Word	M	Manchester
28	Musician	Pop/R&B	F	Manchester

Appendix 2: Additional Cited Interviewees and Interviews with Mental Health Professionals

Additionally cited interviewees

number	occupation	genre	gender	location
29	Manager	Pop/Various	M	London
30	Major Record Label Executive	Various	M	London

The following experts in mental health were interviewed as part of this research project. Some requested anonymity, others were happy to be identified.

Companies and individuals offering bespoke therapies for musicians and people working in the music industries

31. Paul Crick – Performance Confidence Coach for Musicians
32. Angie Lester and Peter Challis - Prolific; specialists in working with creative people in crisis.
33. Chris Madden – A qualified psychotherapist/counsellor, specialising in the music industries. Currently works in Higher Education at Leeds University and the Backstage Academy as well as having a private practice.
34. Dr Gary Bradley – A musician and coaching psychologist based in Northern Ireland.

Anonymous

35. An off-the-record conversation with a Doctor of Psychoanalysis at the Tavistock Clinic about psychoanalysis, CBT and other short term ‘talking’ therapies.
36. A mental health social worker for Hackney Council, qualified to section people and who is very experienced with medication in mental health.

37. A Narcotics Anonymous leader about Narcotics Anonymous and Alcoholics Anonymous.
- 38, 39, 40. Three individuals undergoing therapy with Narcotics Anonymous and Alcoholics Anonymous.

Unavailable

An interview request with The Priory Clinic was declined due to time pressures.

Appendix 3: Directory: Music and Mental Health Resources

Music and Mental Health Resources (UK)

Help Musicians UK

The leading UK independent music charity, providing help and opportunities to empower musicians 'at all stages of their lives'. Their team is on hand to offer advice and support on health and welfare issues related to the music community. There are also Help Musicians teams on the ground in Scotland and Northern Ireland.

T: 0207 239 9101

E: help@helpmusicians.org.uk

W: www.helpmusicians.org.uk

In response to the publication of 'Can Music Make You Sick? (Gross and Musgrave, 2017), Help Musicians UK launched their dedicated helpline '**Music Minds Matter**' in 2017. 'If you work in music and are struggling to cope, or know someone who is, talk to us. It doesn't have to be a crisis, or about music. We have trained advisors that are here to listen, support and help at any time. Whatever you're going through right now, you can contact Music Minds Matter':

T: 0808 802 8008

E: MMM@helpmusicians.org.uk.

Getahead

Founded in 2018 its mission is to help a wide community help themselves and 'Getahead in life without burning out'. Their reach is much broader than music industry professionals but they hold a virtual festival that brings together individuals concerned with improving 'mental & physical health, personal & professional development'. Provides resources and links working primarily through newsletters and social media.

W: www.getahead.life

Key Changes

'Award winning recovery programmes for musicians experiencing mental health problems.' Key Changes' mental health recovery services are 'music industry-focused'.

T: +44 (0)20 7549 8172

W: www.keychanges.org.uk

Man Down

'A discussion about Men's Mental Health in the Music Industry.' The MD programme looks at 'men primarily working in the music industry' looking to have 'an honest and meaningful conversation about their mental well-being and experiences of distress or trauma.'

W: www.mandownprogramme.com

Music Industry Therapists and Coaches Collective

A group of psychotherapists and counsellors each with a unique range of music industry experience, backgrounds and specialisms. MITC therapists have experience of working at 'record labels, recording studios, publishing, as bookers/promoters, tour managers and as artists and producers'. Their therapists have also worked in 'high-end treatment centres, residential treatment centres like the Priority, NHS hospitals, Harley Street, addiction clinics, rehabilitation centres and in private practice in US and the UK'.

T: 07958 594587

W: <http://musicindustrytherapists.com>

Music for Mental Wealth

A community interest company dedicated to the prevention of mental health challenges in the music industry through one-to-one coaching and group workshops. They can provide 'one-to-one coaching, group workshops and bespoke well-being programmes' for musicians and industry professionals.

E: Info@MusicForMentalWealth.com

W: www.musicformentalwealth.com

Music Support

A registered charity, aimed specifically at providing help and support for 'individuals, in any area of the UK music industry', suffering from; alcoholism, drug abuse, addiction, and/or behavioural, emotional, mental health issues, with direct referral pathways to specialists across a variety of modalities.

T: 0800 030 6789 (24-hour helpline)

W: www.musicupport.org

Music and You

Music and You is a 'mental health and wellness company, founded in 2017, working with artists, industry professionals and companies, as well as the wider

music community and beyond, to support and improve the mental health and wellbeing of individuals, support and enhance existing mental health and wellness programmes within companies, and support and strengthen the mental health and wellbeing of the wider music community and society'. Their approach is to offer 'a bespoke service unique to [a] client'.

E: jack@musicandyou.co.uk

W: <http://musicandyou.co.uk>

The British Association for Performing Arts Medicine (BAPAM)

Connects performing artists and musicians with free specialist health support. You can get in touch by phone, email or at one of their regular clinics in London, Birmingham, Glasgow, Leeds, Cardiff, Liverpool, Newcastle Gateshead and Belfast.

T: 020 7404 8444

E: info@bapam.org.uk

W: <https://www.bapam.org.uk>

Your Green Room

A coaching and mentoring organisation focused on 'improving mental strength and resilience'.

E: clare@yourgreenroom.org

W: www.yourgreenroom.org/about

Music and Mental Health Resources (Global)

Backline (USA)

Connecting music industry professionals and their families with mental health and wellness resources. A vital link for touring professionals who often lack the resources they need to address mental health and wellness needs on the road. At the time of writing also running a Covid-19 crisis initiative.

W: backline.care

Tim Bergling Foundation (Worldwide)

Created by Klas and Anki Bergling and their family after the death of their son Tim Bergling (Avicii). The Tim Bergling Foundation 'advocates for the recognition of suicide as a global health emergency and actively works to remove the stigma attached to suicide and mental health issues'.

W: www.timberglingsfoundation.org

This Tour Life (USA)

This Tour Life is a site designed to support those involved in the world of music touring: 'live streaming events happening on a daily basis'. An advocate for a higher quality of life in the music touring industry.

W: <https://thistourlife.com>

Tour Support (USA)

A 'new program to provide mental health tools and training to touring professionals. Tour Support has formed a partnership with **BetterHelp** called BetterHelp: Tour Support for tours and vendors to purchase counseling services for artists and their teams.' Its aim is to face up to the 'mental health crisis' the music industry is 'facing'.

W: www.lighthopelife.org/tour-support

General Mental Health Directory

Alcoholics Anonymous

'If you think you might have a drinking problem.'

T: Helpline: 0800 9177 650 or general queries: 01904 644026

E: help@aamail.org

W: www.alcoholics-anonymous.org.uk

AL-Anon Family Groups

Provides support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not.

T: Helpline 020 7403 0888

W: www.al-anonuk.org.uk

Anxiety UK

A user-led organisation that supports anyone with anxiety, phobias, panic attacks or other anxiety related disorders.

T: 08444 775 774 or 0161 227 9898

E: info@anxietyuk.org.uk

W: www.anxietyuk.org.uk

Bipolar UK

A charity helping people living with bipolar disorder so that they may 'live well and fulfil their potential'.

W: <http://www.bipolaruk.org.uk>

British Psychotherapy Foundation

BPF runs a reduced fee scheme. A recognised and highly reputable source for affordable therapy.

W: <http://www.britishpsychotherapyfoundation.org.uk/therapy/low-fee-intensive-therapy>

C.A.L.L.

If you live in Wales, you can contact the Community Advice and Listening Line (C.A.L.L.) for a confidential listening and support service. Their number is 0800 123 737 or you can text 'help' to 81066.

CALM – Campaign Against Living Miserably

A charity dedicated to preventing male suicide, the biggest killer of men under the age of 45.

T: Helpline nationwide 0800 58 58 58; London 0808 802 58 58 (5pm–midnight)

W: www.thecalmzone.net

Depression Alliance

Charity for sufferers of depression. Has a network of self-help groups. US-based.

W: www.depressionalliance.org

Families Anonymous

For families and friends worldwide affected by others' 'abuse of mind-altering substances'.

T: 0207 4984 680

E: office@famanon.org.uk

W: www.famanon.org.uk

Health Assured

Offers individual and group bookings for Mental Health First Aid training courses in the workplace. To speak with one of their friendly, UK-based advisors call:

T: 0844 892 2493

Men's Health Forum

24/7 stress support for men by text, chat and email. Lots of web resources too.

W: <http://www.menshealthforum.org.uk>

Mental Health First Aid (MHFA)

MHFA's mission is to train one in ten of the population in England in Mental Health First Aid (MHFA) skills – since as they say 'we all have mental health'.

T: 020 7250 8313 or 020 7250 8070

E: training@mhfaengland.org

W: <https://mhfaengland.org/book-a-course>

The Mental Health Foundation

A UK charity that works to aid those who live with mental health and learning disabilities. They are a leading advocate for change in this area and their evidence-based approach helps them to recognise the key issues affecting the nation around mental health and wellbeing.

T: +44 (0)20 7803 1100

W: www.mentalhealth.org.uk

MIND

The Mental Health Charity that provides 'advice and support to empower anyone experiencing' mental health problems.

T: 020 8519 2122

E: supporterservices@mind.org.uk

W: www.mind.org.uk

Narcotics Anonymous

If you think you might have a drug-related problem.

T: Helpline: 0300 999 1212 (10am–midnight)

W: www.ukna.org

N-Nar-Anon

For 'families and friends of addicts.'

T: 08455 390 193

E: info@nar-anon.co.uk

W: www.nar-anon.co.uk

No Panic

Voluntary charity offering support for sufferers of panic attacks and OCD. Offers a course to help overcome your phobia/OCD. Includes a helpline and 'specialises in self-help recovery.'

T: 0844 967 4848 (daily, 10am–10pm). Youth helpline: 0330 606 1174

W: <http://www.nopanic.org.uk>

OCD Action

Support for people with obsessive compulsive disorder (OCD). Includes information on treatment and online resources.

T: 0845 390 6232 (Mon–Fri, 9.30am–5pm)

W: <http://www.ocdaction.org.uk>

PAPYRUS

Young suicide prevention society.

T: HOPElineUK 0800 068 4141 (Mon-Fri, 10am–5pm & 7–10pm. Weekends, 2–5pm). Text: 07860 039 967

W: <http://www.papyrus-uk.org>

Rethink Mental Illness

Support and advice for people living with mental illness.

T: 0300 5000 927 (Mon–Fri, 9.30am–4pm)

W: <http://www.rethink.org>

Samaritans

For urgent help if you are feeling despair, distress or suicidal feelings.

T: 116 123 (24 hours)

E: jo@samaritans.org
W: www.samaritans.org

SANEline

Offers emotional support and information from 6pm–11pm, 365 days a year.
 Their national number is:
T: 0300 304 7000.

Time to Change

With a tagline of 'let's end mental health discrimination' Time to Change focuses on changing attitudes to mental health via education, resource provision and raising awareness notably (but not only) in the workplace.
W: www.time-to-change.org.uk

Young Minds

Addressing the 'urgent' crisis in youth mental health Young Minds are working to ensure all young people get the best possible mental health support.
T: Helpline for parents: 0808 802 5544. Young persons 'seeking urgent help text YM to 85258'.
W: www.youngminds.org.uk

Zero Suicide Alliance

'Save A Life... Take The Training'
W: <https://www.zerosuicidealliance.com/training>

Appendix 4: Notes on Methodology

Reflections on the Survey

Our research project was developed alongside Help Musicians UK. We were commissioned by them, at least in part, in response to the charity's expanding user base from the world of popular music as opposed to classical music (its traditional user base). The survey was developed partially in response to work undertaken by Help Musicians UK in their 'Health and Wellbeing' survey in 2014. Our newly developed survey was distributed across the Help Musicians UK database which featured a number of musicians who were currently, or had in the recent past, been in touch with the charity regarding their own mental health issues and/or challenges. In addition, the survey was shared by a wide range of media outlets and music industry trade bodies. Our survey was launched on Friday 20 May, 2016, at The Great Escape music industry conference in Brighton and concluded on Monday 27 June, 2016. At the request of Help Musicians UK, this study focused purely on the incidence of depression and anxiety within its target group – self-identifying professional musicians, and musical workers including artist managers, producers, songwriters, sound

engineers and others. The survey featured fourteen questions concerning: age; gender; location; genre; occupational definition; general health questions regarding exercise and smoking; their experiences of anxiety, depression and/or other mental health conditions; and finally, their experiences of receiving help or treatment for these conditions. We did not ask respondents to state their ethnicity. There was a relatively even male/female split among respondents (55.2%/43.9%), with the majority of respondents (66.2%) between the ages of 18 and 35. The largest group of respondents (64%) identified as music makers (musicians, DJs, band members, etc). These musicians were working in genres as varied as pop (34.7%), hip-hop (10%), electronica and dance (30.8%) and metal (4%). As perhaps expected, there were a large number of respondents from London (39.5%) but many experiences were shared by musicians from across the United Kingdom.

Our survey used the terms anxiety and depression in a ‘common knowledge’ sense and we did not ask for further definitions or diagnoses. That is, we weren’t demanding a medical judgment, nor asking for proof (medical or otherwise), and in this sense we weren’t necessarily addressing clinical mental pathologies. This presents an interesting question about the extent to which the anxiety and depression reported by our respondents would be termed as such by the medical profession, and where that line could be drawn. There are a number of ways to address this. In the first instance, our own survey data hints at the answer. For example, 43.5% of those who self-reported as suffering from panic attacks and/or high levels of anxiety reported to us that they received treatment, suggesting a certain level of medical intervention was required. Likewise, of the 68.5% of respondents who self-reported they had suffered from depression, 30.3% indicated they were ‘extremely likely’ or ‘very likely’ to seek help, a figure which rises to 59.7% if we include ‘moderately likely’. Again, this suggests that the respondents felt their conditions to be serious enough to necessitate outside intervention. However, to a certain extent we wonder if this is really a bit of a moot point. Our respondents told us they were suffering and whether or not this required medical intervention is not the sole barometer of their ‘seriousness’.

Reflections on our Interviews

It is important to acknowledge a number of potential limitations to a study such as ours. Certainly, it is likely that the survey and interviews, given both the content, the association with the charity, and the database which informed some of the participant selection, may have attracted musicians with already strong opinions on the nature of the musician/mental health relationship. It is important to note a certain level of self-selection insofar as those with stronger feelings on the subject are perhaps more likely to have been interviewed, and it is worth reflecting on the extent to which interviewees saw our interviews as a chance to vent. Additionally, we did not ask the respondents to verify, medically or otherwise, how they had answered in the earlier survey vis-à-vis

their self-reported mental health conditions. The survey and interviews are also, by their very nature, not entirely representative of the experiences of *all* musicians; to do so would be methodologically extremely problematic due to the absence of a database of all musicians in the UK from which to make random selections. Interview participants were, however, selected via maximum variation sampling to ensure a degree of representativeness across the music industries' workforce in the UK. In total, twenty-eight musicians were interviewed, comprising an even gender split and wide variety of musical genres (including, but not limited to, pop, soul, jazz, hip-hop, reggae, classical, rock, dance, folk, opera, dubstep and musical theatre). In some respects, this genre spread may appear strange. We chose to speak to artists who reflected a range of what has historically been referred to by authors such as Adorno and Horkheimer (1972) as both 'high' and 'low' culture. However, professional musicians no matter what area they are working in, share far more of the same working conditions and career trajectories than one might first imagine. They all invest time and money over long periods in order to pursue their career goals. They make choices and consciously and often very strategically plan to study, to relocate, to connect and network to make things happen, again and again. Despite the fact that there are differences between musical work and practices, it is really only within the classical field that there may be anything like a salaried long term career. However, the Musicians' Union (2018) have suggested that 44% of the country's orchestral players do not earn enough money to live on. The genres our interviewees were drawn from are all vastly oversupplied, they are all high risk and they are all part of 'the music industry', albeit in different guises.

It is also clear that across all genres, economic rewards are in themselves not often central to musicians' plans, but appear as a bonus to them. In this sense their musical ambition is something they all share and that ambition, that desire, that commitment to their music, is equally important and central to all of those we interviewed. It is part of them as much as they also express a sense of feeling that they are lucky and understand themselves to be 'blessed.'

We also ensured a proportionate geographical spread with half of the musicians being drawn from London, and the remainder coming from Manchester, Newcastle, Bristol, Birmingham, Edinburgh, Glasgow, Belfast and Cardiff. While ethnicity was not a central analytical feature of our study, over a quarter of our interviewees were from ethnic minority backgrounds. Finally, the musicians we interviewed were drawn from a broad range of ages and stages in their careers (from artists just starting out to long-established professionals). Musicians were chosen in this way on the basis that if similarities in perspectives could be observed across broad categories, then it might be reasonable to assert that certain themes were evident. Interviews were then transcribed and analysed to ascertain themes and their answers thematically coded for analysis. We did not ask them specifically whether they felt their work had harmed their mental health or wellbeing so as not to lead their answers. Instead, very general questions were asked to allow respondents to share their experiences

on the emotional nature of contemporary musical work. Consent was obtained from all our interviewees via MusicTank who facilitated the research project. We personally followed up to double-check that an interviewee was happy for some of their words to be used where we felt the content necessitated it. As stated, this book would not exist without the generosity, openness and honesty of both our survey respondents and our interviewees for which we are both enormously grateful.