

EMBARGOED UNTIL 8AM 10.10.19

New survey of classical music industry reveals serious shortcomings in mental health provision

Classical Music, the magazine which serves as the voice of the classical music industry, has today [10 October 2019] released results from its industry-wide mental health survey. Respondents included musicians, composers, journalists, artist managers, administrators, teachers and more.

The survey revealed that:

- The environment within the music industry is one which leads to an alarming level of stress and mental health difficulties, with 63% of respondents having accessed professional services (not necessarily through work) on grounds of stress or mental health difficulties. 32% of respondents have even used alcohol or other substances to help them to cope at work.
- There is a widespread feeling (82%) that there are gaps in the provision of mental health services for musicians. 64.5% of respondents said that they did not have adequate information to respond to issues relating to mental health in the workplace.
- While professional support for mental health issues exists/ is offered in some workplaces, more needs to be done to make this support available. Only 18% of respondents said that they were aware of their place of work offering access to such support, and of the respondents in managerial positions, only 23% have had training to respond to mental health disclosures from colleagues.

Classical Music launched its 'Harmony in Mind' campaign in April to advocate better mental health provision across the industry. *Classical Music's* research follows a 2016 study by Help Musicians UK which found that 71% of musicians experienced anxiety and panic attacks, and 65% reported they had suffered from depression – three times higher than the general population.

According to Lucy Thraves, Editor of *Classical Music*, 'The music industry presents a challenging environment for its employees, with many struggling with irregular and low pay, long and antisocial hours and extended periods of time away from home. As is clear from this survey, these conditions are reflected in high levels of mental health difficulties across the sector. We hope that by drawing attention to these issues we can help increase mental health provision and encourage industry-wide change.'

These results particularly point towards the need for reformation of mental health resources in the workplace in order to better support musicians and staff. One of the campaign's main aims is to inspire more classical music organisations to sign up to the [Time to Change Employer's Pledge](#). Led by Mind and Rethink Mental Illness, 'Time to Change' is working with employers in all sectors to change how they think and act about mental health in the workplace, enabling them to ensure that employees feel supported and working to end mental health discrimination.

Classical Music has been joined by several of the leading mental health and industry charities working in the classical music business, including British Association for Performing Arts Medicine, Incorporated Society of Musicians, Musicians' Union, Music Support, The Royal Society of Musicians

and Time to Change.

To mark the announcement of the results, Classical Music is hosting a thought-provoking panel discussion this evening [10 Oct] at Intermusica's central London office, featuring pianist Clare Hammond, mezzo-soprano Marta Fontanals-Simmons and Head of Workplace Wellbeing at Mind, Emma Mamo, moderated by Christopher Gunness, former UN spokesperson and Classical Music podcast host.

#HarmonyinMind @ClassicalMusic

www.harmonyinmind.co.uk

www.classicalmusicmagazine.org

-Ends-

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Notes to Editors:

About [Classical Music](#) magazine

Classical Music is the UK's only insightful and entertaining current affairs magazine for the classical music industry. It aims to keep its readers up to date with the latest news from across the sector.

About Lucy Thraves

Lucy graduated from the University of Oxford in 2016 with a BA (Hons) in Music, specialising in music psychology. Through this, she developed an interest in the impact of music on mental health. Since joining the editorial team at Classical Music magazine, she has worked to foreground the importance of better mental health provision in the music industry and is looking forward to strengthening and developing this through the Harmony in Mind campaign.

Full results breakdown

Headlines:

- 82% of respondents agreed that there were gaps in the provision of mental health services for musicians (43.5% agreed 'strongly')
- Of the respondents in managerial positions, only 23% had had training to respond to mental health disclosures from colleagues
- 64.5% of respondents said that they did not have adequate information to respond to issues relating to mental health in the workplace
- Only 18% of respondents said that they were aware of their place of work offering access to professional support for mental health issues
- 63% of respondents have accessed professional services (not necessarily through work) on grounds of stress or mental health difficulties
- 32% of respondents had used alcohol or other substances to help them to cope at work

Breakdown of respondents:

- 56% employed as part of a company
- 39% self-employed
- 0% unemployed
- 5% other