

10th October 2026

**Music
Minds
Matter**

World Mental Health Day

Wellbeing Pack

**Supporting the mental health
of everyone in music**

Call or WhatsApp **0808 802 8008**
musicmindsmatter.org.uk

World Mental Health Day 2026



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Building a life in music can be exciting, fulfilling and deeply rewarding. It offers opportunities to create, connect and contribute to something that matters.

But like any career, it can also involve navigating change, uncertainty and pressure over time. Mental health support helps people manage these realities and sustain a life in music, whatever stage they are at.

We've brought together a selection of practical tips, conversation starters and support information to help you prioritise mental health and support the people around you. While this resource has been created for World Mental Health Day, the ideas and tools included can be used whenever they're needed, throughout the year.

Small actions can make a meaningful difference. Whether you're looking after your own mental health, checking in with a colleague or creating space for conversations in your workplace, every step helps build a stronger and healthier music community.

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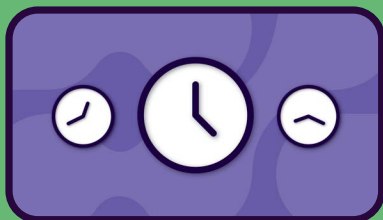
Taking care of your wellbeing

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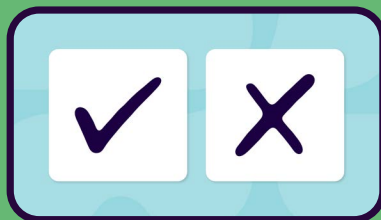
Life in music can be exciting, but it can also be demanding. Long hours, late nights, financial uncertainty and constant travel can take a toll on your mental health.

Stay well, stay ready — we've compiled a list of resources below to help you stay well before things reach breaking point. Click on the links below to discover practical ways to protect your mental health and thrive in a high-pressure industry:

Getting the right help at the right time:



Your check-in checklist:



Preparing for trigger events:



Supporting your sleep:



Stress and burnout awareness

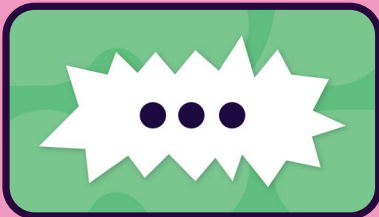
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We get it – working in music can be intense.

Stress is common, and burnout can creep in before you even realise it. Stress shows up in different ways and can affect your health, your work, and your relationships.

Discover ways to identify and better manage stress and reset in the moment:

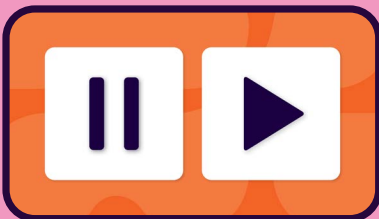
Managing stress in music:



Noticing the signs of stress:



Resetting in the moment:



Get support for stress and burnout

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Not sure if you're stressed or burning out? Here are some signs to look out for:

- Trouble sleeping.
- Irritability.
- Difficulty concentrating.
- Headaches, fatigue or muscle tension.
- Feeling emotionally drained and unable to enjoy your work.
- Frequent illnesses related to stress.

If this sounds familiar, you're not alone.

Stress and burnout are common in music – but you don't have to face them alone.

Talking can help. Our free, 24/7 confidential helpline is here for anyone working in music.

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Starting the conversation

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Struggling to find the words?

It's not always easy to explain how you're feeling.

That's OK.

We've put together some conversation guides to help you talk about your emotions – whether it's with a friend, a work colleague, a GP, or someone at Music Minds Matter.

Finding the words:

Tense

Calm

Safe

Fear

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Worried about someone else in music?

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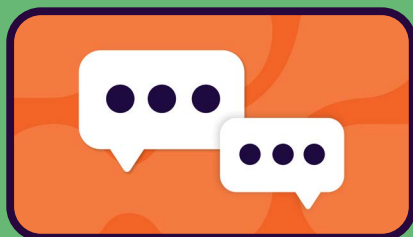
It's not always easy to know what to do when someone you care about is struggling. But noticing the signs and reaching out can make a real difference.

Whether you work closely with someone or cross paths on the road, in the studio or at a rehearsal, you might be the first to spot when something's not right. You don't need to have all the answers – just being there can help.

Start the conversation.

Talking about mental health can feel daunting, but it doesn't have to be perfect. What matters is showing you care. We've created some conversation starters to help you open up a gentle, supportive dialogue with someone who might be struggling.

**Explore our
conversation
guide:**



What can you do?

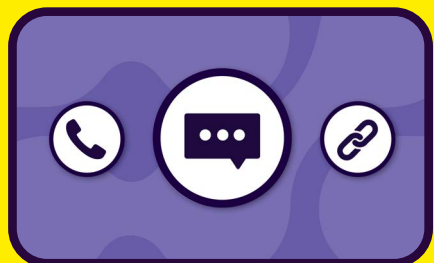
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Here are some ways you can support a friend, colleague or teammate:

- Listen without judgement – you don't need to fix things, just be present.
- Ask open questions – help them reflect on what might help (eg. Can you share any times you've felt like this before? How have you dealt with similar feelings in the past?).
- Avoid giving advice too quickly – focus on understanding, not solving.
- Respect your own limits – it's OK to say you're not sure what to do.
- Encourage professional help – if things feel beyond what you can manage, that's OK.

Knowing what support is available, and when, can help you help others:

Other mental health help and support:



We don't judge.

We do listen.

And we will find the right help for you.

Call us, anytime.

Whether you're going through a particularly difficult time, or just want to talk something through, our helpline is available **24/7**, all year round.

Call or WhatsApp Music Minds Matter whenever you need on **0808 802 8008**

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*This booklet provides general information to support mental wellbeing in the music community. It is not medical advice and is not a substitute for care from a qualified professional. Do not delay seeking professional help because of something you have read here. If you are in immediate danger or thinking of harming yourself, call 999 or go to your nearest A&E. If you need urgent mental health support, you can contact Samaritans on 116 123 (free, 24/7) or NHS 111.

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