



A GLOBAL MEDIA PUBLISHING INC PROGRAM BRIEF

Mental Health & Wellbeing

Music doesn't just sound good. It heals.

**THE PROBLEM**

Why This Matters

The music industry takes a lot. We're here to give some of it back.

Creative people don't burn out because they're weak. They burn out because they work without a net — no income stability, no sick days, no colleague to call when it gets to be too much. And when it gets to be too much, the music stops. That's not a personal loss. It's a cultural loss, a neighborhood loss, an economic loss. LOUDmusic builds the infrastructure that lets creative people stay: the financial tools, the mental health resources, the peer community that turns "I'm doing this alone" into something that actually isn't.

The creative economy runs on irregular income, constant visibility, and unprotected labor —and the mental health fallout is no longer an individual issue but an industry failure. When independent artists burn out, tours cancel, venues lose revenue, local crews miss paychecks, and communities lose cultural anchors. LOUDmusic Impact Foundation's Mental Health & Wellbeing initiative treats wellbeing as infrastructure, pairing resources and peer support with economic tools that shift the system from crisis response to stability by design.

VOICES FROM THE COMMUNITY



I've written songs in green rooms while my hands shook, then walked onstage like nothing was happening because the gig was the rent. When your health has no sick days and your paycheck depends on being "on," you start to disappear inside your own work. I talk about this publicly because staying alive and staying creative shouldn't be a private negotiation.

Marisol Bennett

a singer-songwriter who publicly advocates for artist mental health

"In therapy with creative professionals, I see the same pattern: symptoms spike when income is volatile, boundaries are punished, and support is ad hoc. If we want fewer crises, we have to build structural protections—access, continuity, and community—not just emergency referrals."

Dr. Evan Choudhury · a clinical psychologist specializing in creative professionals

EXTENDED CONTEXT

What the Research Shows

FINDING 1

Structured peer support programs reduce isolation-driven anxiety within 8–12 weeks, with outcomes documented in workplace mental health research Source: American Psychological Association Workplace Mental Health Report, 2023. Peer support programs with trained facilitators show measurable reductions in PHQ-9 anxiety scores within 8–12 weeks — consistent across industry and creative sector studies when programs run weekly with structured facilitation.

FINDING 2

Economic stability interventions — income development, benefits navigation, financial literacy — reduce financial stress, the leading trigger of anxiety and depression, within one program cycle Source: Urban Institute Financial Stability Report, 2022. Financial precarity is the number-one predictor of clinical anxiety. Income stabilization programs — including emergency fund access, benefits navigation, and financial literacy — reduce financial stress markers measurably within one 12-week program cycle.

FINDING 3

Creative workers with formal peer networks and mentorship report significantly higher career resilience and lower dropout from the field — a measurable retention outcome trackable per cohort Source: Creative Industries Federation Workforce Survey, UK 2023. Artists with active professional networks report 40% lower creative burnout rates and significantly higher career persistence beyond year five. Peer network participation is the single highest-correlation protective factor against dropout from creative careers.

WHAT WE'RE BUILDING

The Future

Build a real safety net

By 2035, independent artists will have predictable access to low-cost care, crisis support, and peer groups—without risking gigs or reputation. The result: fewer tour dropouts, steadier incomes for crews, and more creative work staying in the marketplace.

Normalize care across the industry

By 2035, venues, studios, and labels partnering with LOUDmusic will treat wellbeing like workplace readiness—clear policies, referral pathways, and paid time protections. Artists will spend less time masking distress and more time producing, performing, and sustaining careers.

Keep communities culturally and economically alive

By 2035, cities will retain more homegrown talent because artists can survive downturns without leaving the field. Stronger mental health support will translate into fewer canceled seasons, healthier local scenes, and more stable small businesses built around music.

GET INVOLVED

Partner With LOUDmusic

\$500 funds one month of professional studio access. \$5,000 covers one full career credential. Whether you're an individual, a foundation, a brand, or a city — there's a way in. Every contribution is tracked to specific outcomes, reported quarterly, and fully tax-deductible.

Mentorship

Mentorship Your time unlocks something no grant can buy: proof that the pathway works. When industry professionals mentor inside LOUDmusic, participants gain direct access to the knowledge, networks, and norms that determine who breaks through in a creative career — without the gatekeeping. The difference between a credential and a career is often a single relationship. 250 master instructors needed by 2032. Your field experience is the curriculum we can't buy.

In-Kind Contributions

In-Kind Contributions Equipment and software donations directly remove the barrier that keeps most creators out — professional tools they can't afford. A donated interface, instrument, or DAW license goes immediately into a youth program in a high-need community, where access to professional-grade gear is the single largest obstacle to entry. Every donated asset is appraised, documented, applied to a program budget, and often qualifies as matching leverage for government grant funding. Your equipment does not sit in a warehouse. It produces sessions the next week.

LEARN MORE

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