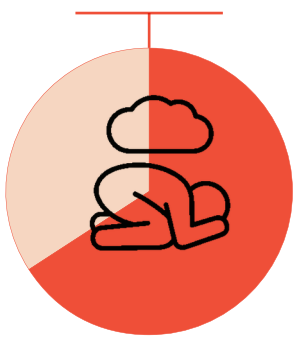


## MENTAL HEALTH AND WELLBEING IN MUSIC AND LIVE PERFORMING ARTS SURVEY, MAY 2022

1,304 people who work professionally in the music and live performing arts industries took part in the survey in March and April 2022 from all around the country. The key findings are:

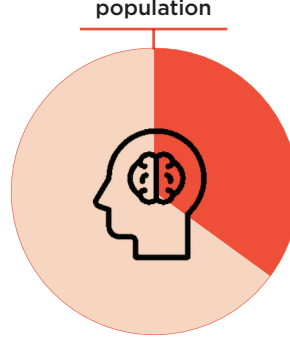
66% of participants had high/very high levels of **psychological distress**, more than 4 x the general population



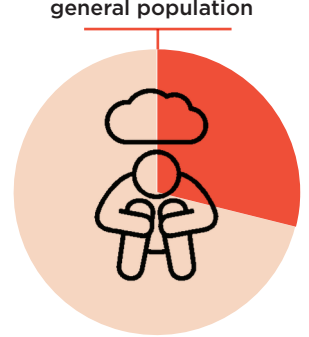
59% had experienced **suicidal thoughts**, which is over 4.5 x the proportion of the general Australian population



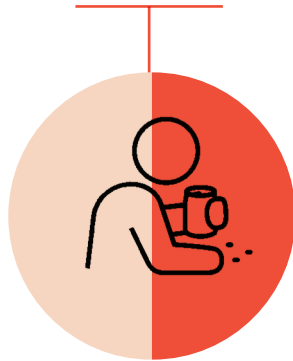
35% reported a current **mental health condition**, which is 1.7 x the proportion estimated in the general Australian population



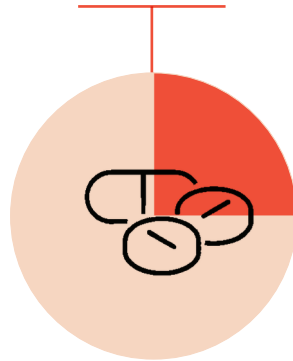
29% reported having a current anxiety condition and 27% reported currently having **depression**, both more than 2 x that of the general population



Over ½ said they had used **drugs or alcohol** to help with the stresses of life over the past two years



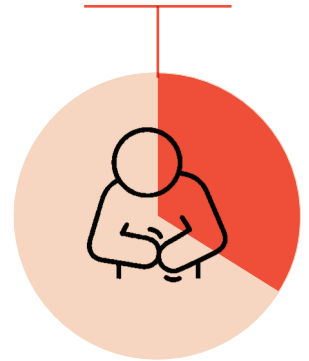
25% had tried to **cut down, control or stop their use** in the last year, but were unsuccessful



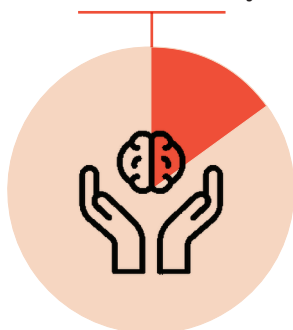
Over ½ of participants reported **incomes from their work in music/live performing arts as less than \$30,000 per annum**, which is below the poverty line



Almost ½ were worried to a large/very large extent about becoming **unemployed**



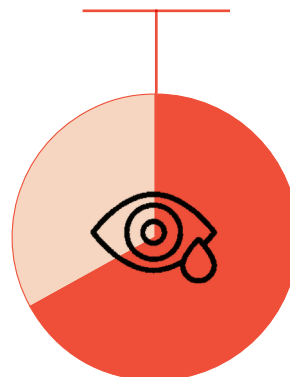
Just 15% said they **felt safe at work** all of the time, with 35% saying they were exposed to unsafe working conditions in the last year



Over 47% **lost their jobs** due to the pandemic



Almost ⅓ said the pandemic had **impacted their mental health**



69% said they had **sought help to support their mental health and wellbeing**, and just over ½ had used a Support Act service in the past 2 years

