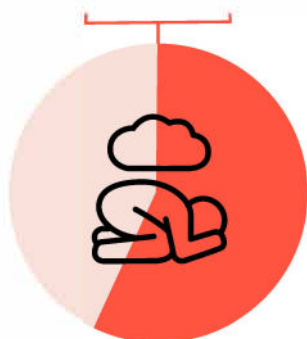


MENTAL HEALTH AND WELLBEING IN MUSIC AND CREATIVE ARTS SURVEY, OCTOBER 2024

1,518 people working professionally in the music and creative arts industries all over the country took part in a survey in March and April of 2024. Here are the key findings.

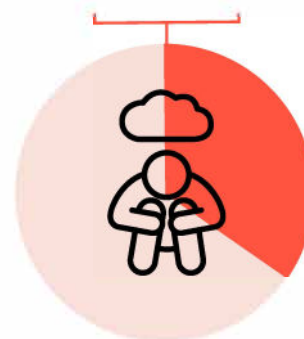
53.5% had high/very high levels of **psychological distress**. This is a reduction since 2022, but still almost 4 x the general Australian population



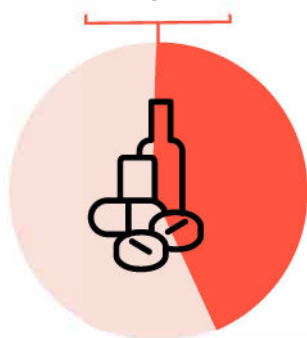
57% had experienced **suicidal thoughts**, which is 3.4 x the proportion of the general Australian population



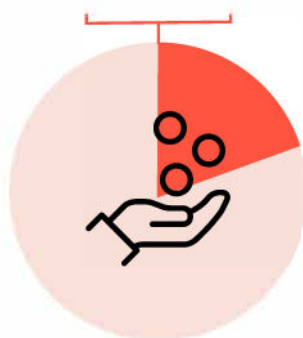
35% had a current mental health condition, which is 1.6 x the proportion of the general Australian population. **Depression, anxiety and PTSD** were the most commonly reported diagnoses.



43% use **alcohol or other substances** to cope with the stresses of life over the last two years



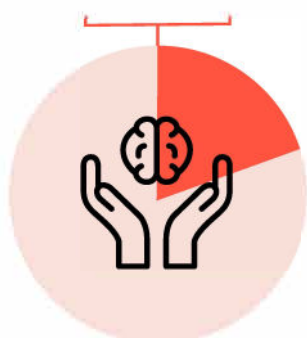
Almost a 1/5 reported a total **annual income** that sits below the **poverty line** in Australia



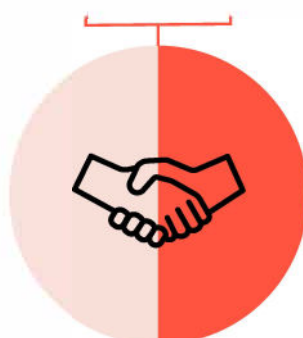
68.1% said the **cost of living** is a **key issue** facing music and creative arts workers



Just under 1/5 said they **felt safe at work** all the time, 43.2% said they had been exposed to **unsafe work conditions** in the last 12 months



Just over half said their workplace or the spaces they work in are **taking steps** to foster a more **physically and psychologically safe** environment



More than half of those who had tried to **access services** (outside of Support Act) said that cost was a barrier

