

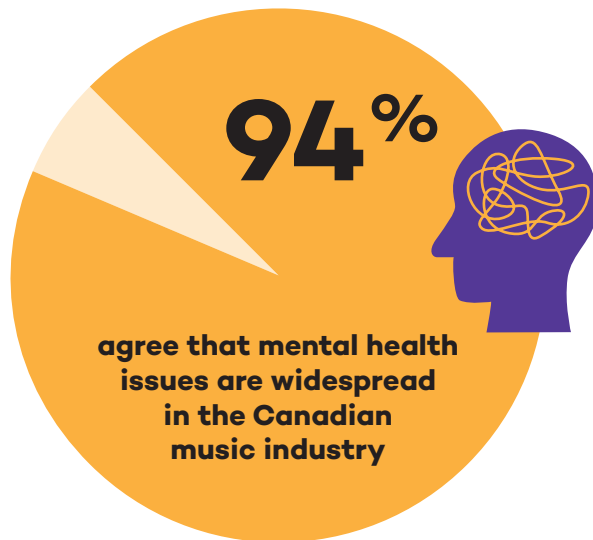
Urgent Mental Health Challenges in the Canadian Music Industry

Preliminary results from **SOUNDCHECK: A Survey on Mental Health** in the Canadian Music Industry reveals alarming trends that demand immediate attention. As of December 31, 2024, more than 800 Canadian music industry professionals have shared their experiences and feedback.

Key findings include:

Prevalence of Mental Health Challenges

- 94% of respondents agree that mental **health issues are widespread** in the Canadian music industry, making it one of the most pressing concerns facing professionals today.
- 86% have personally experienced mental health challenges, and 95% have witnessed others struggling, proving that **these issues affect nearly everyone in the industry**.
- Despite these high numbers, **systemic barriers, stigma, and lack of support** prevent many from accessing the help they need, leaving industry professionals vulnerable to **burnout, distress, and long-term harm**.



Mental Health Crisis

- 52% have felt life wasn't worth living, and 43% have considered taking their own life.
- 84% experience anxiety, 74% fatigue, and 70% persistent sadness, pointing to **industry-wide burnout**.



Toxic Work Environment & Leadership Gaps

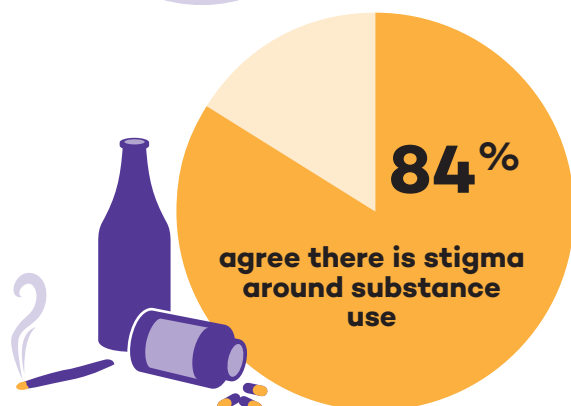
- 81% felt their work environment was not conducive to mental health, and 94% believed **the industry could do more** to address these issues.
- Only 10% strongly agreed that leaders actively support mental health in the workplace, highlighting a **significant leadership gap**.

Financial Stress & Job Insecurity

- 79% of industry professionals say **financial stress** directly impacts their mental health.
- Only 6% feel a sense of job security, reflecting the **precarious nature of careers in the music industry**.

Substance Use & Stigma

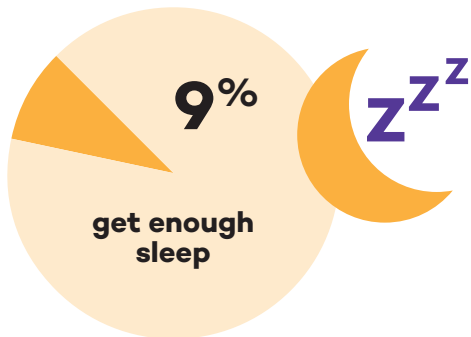
- 84% agree there is **stigma around substance use**, while 58% also reported **stigma around sobriety or recovery**.
- This double-edged stigma **discourages open discussions and access to support**.



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want better tools to manage mental health • 85%

want education on supporting peers • 95%



0 20 40 60 80 100

difficult to break into international markets • 84%

effective representation on Canadian radio • 3%



Severe Lack of Mental Health Resources

- Despite 96% agreeing that **mental health education is critical**, 81% have never received formal training.
- 85% want **better tools** to manage their own mental health, and 95% want **education** on supporting their peers.
- Only 10% feel their workplace has strong support measures in place, highlighting an **urgent need for structured mental health resources, training, and leadership accountability** across the industry.

Exhaustion & Physical Well-being

- Only 9% of respondents get **enough sleep** to perform at their best.
- Self-reported chronic conditions like ADHD (41%), arthritis (22%), and mobility issues (21%) are **widespread, yet rarely acknowledged** in industry conversations.

Barriers to Career Sustainability

- 84% say it's **difficult for Canadian musicians to break into international markets**, creating financial and career instability.
- Only 3% strongly agree that Canadian radio effectively represents homegrown musicians, **limiting opportunities for local talent**.

Discrimination, Harassment & Industry Culture

- Reports of **sexism, racism, bullying, and harassment** were widespread, with gender and racial minorities disproportionately affected.
- Women, non-binary individuals, and racialized groups reported the highest levels of **workplace discrimination** and lowest response rate.

Harrison, C. (2025) Soundcheck: A Survey on Mental Health in the Canadian Music Industry.

What next?

Revelios [Mental Health Works] will continue collecting online survey data until September 30, 2025.

A comprehensive set of recommendations will be provided in the final report, scheduled for release in early 2026.

Actions for Right Now – If you are a Canadian Music Industry Worker:

1. If you haven't yet, participate in the confidential and anonymous survey before September 30, 2025. Go to www.revelios.com/soundcheck
2. Share these preliminary findings with your government officials— write, call, or email.
3. Raise awareness by sharing your voice: on social media (via @Reveliosmentalhealth), with your colleagues, and within your leadership circles.

To learn more about the data, contact catherine@revelios.com

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