



# Mental Health & Wellbeing and Teaching Artists: Resources for Teaching Artists

*ITAC Innovator Culminating Project*  
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## About This Resource

As one of the ITAC Innovators 2021/22, Yvonne Wyroslawska delivered a [Think Tank](#) and subsequently led an international working group on the subject of Mental Health, Wellbeing & Teaching Artistry.

This project aimed to collectively identify and collate existing resources which can support the mental health and wellbeing of teaching artists. The group collectively worked to establish a code of effective and ethical practice, concentrating on protecting our own mental health as TAs, as well as that of our participants.





## Resources for Teaching Artists



Name	Link	Brief description of resource, if appropriate
10% Happier App	<a href="https://www.tenpercent.com/">https://www.tenpercent.com/</a>	This is a wonderful Meditation App that share different lessons before each meditation. The lessons are super helpful reminders!
Balance	<a href="https://thehubbalance.com">https://thehubbalance.com</a>	Packed with tips on how to have a healthier mind and a healthier business, our Balance toolkit includes bitesize video clips, quick reads, audio content, exercises and illustrations, all designed to help you balance your mind AND your books.
Beat - Eating Disorders	<a href="https://www.beateatingdisorders.org.uk">https://www.beateatingdisorders.org.uk</a>	We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.
Drinkaware	<a href="https://www.drinkaware.co.uk/advice/alcohol-support-services">https://www.drinkaware.co.uk/advice/alcohol-support-services</a>	If you are concerned that you or someone you care about has a drinking problem there is help available. Find out the many ways that you can access support, advice or treatment.





## Resources for Teaching Artists



Freelance Survival Guide	<a href="https://bit.ly/3VozuBm">https://bit.ly/3VozuBm</a>	A series of events for freelancers designed to help build confidence & connections
Function Central's Guide to Supporting Mental Health	<a href="https://www.functioncentral.co.uk/mental-health/">https://www.functioncentral.co.uk/mental-health/</a>	A guide supporting the mental health and wellbeing of musicians
Instrumental - Music to Your Brain	<a href="https://youareinstrumental.com">https://youareinstrumental.com</a>	Teens are going through a lot right now. Music can help.
MIND	<a href="https://www.mind.org.uk">https://www.mind.org.uk</a>	We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.
MITC's Guide to Anxiety Relief and Self Isolation	<a href="https://musicindustrytherapists.com/anxietyrelief_selfisolation/">https://musicindustrytherapists.com/anxietyrelief_selfisolation/</a>	A free, supportive guide which is designed specifically for artists and music industry professionals. It includes techniques and online resources for both adults and children.





## Resources for Teaching Artists



Music Minds Matter	<a href="https://bit.ly/3Cx1t9q">https://bit.ly/3Cx1t9q</a>	Music Minds Matter is Help Musicians' dedicated mental health support line and service for the whole UK music community. If you work in music and are struggling to cope, or know someone who is, talk to us. It doesn't have to be a crisis, or about music. We're here to listen, support and help at any time. You can also explore online resources, personal stories, guidance from professionals and further organisations offering support on Music Minds Matter Explore.
Music Support	<a href="https://musicsupport.org">https://musicsupport.org</a>	We provide help and support for those in or employed by the UK music industry affected by mental ill-health and/or addiction.
NHS Depression and anxiety self-assessment quiz	<a href="https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/depression-anxiety-self-assessment-quiz/">https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/depression-anxiety-self-assessment-quiz/</a>	If you're 16 or over, this depression and anxiety self-assessment quiz can help you better understand how you've been feeling recently.
No Panic	<a href="https://nopanic.org.uk/resources/">https://nopanic.org.uk/resources/</a>	No Panic specialises in self-help recovery and our services include providing people with the skills they need to manage their condition and work towards recovery, enabling them to lead more fulfilled lives.





## Resources for Teaching Artists



Rethink	<a href="https://www.rethink.org">https://www.rethink.org</a>	We improve the lives of people severely affected by mental illness through our network of local groups and services, expert information and successful campaigning. Our goal is to make sure everyone severely affected by mental illness has a good quality of life.
Samaritans	<a href="https://www.samaritans.org">https://www.samaritans.org</a>	Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland.
SANE	<a href="https://www.sane.org.uk/how-we-help/resources">https://www.sane.org.uk/how-we-help/resources</a>	Emotional support, information and guidance for people affected by mental illness, their families and carers.
Self-care for professionals	<a href="https://schools.au.reachout.com/articles/self-care-for-professionals">https://schools.au.reachout.com/articles/self-care-for-professionals</a>	What is self-care/self-care starter plan
Self-care starter kit	<a href="https://socialwork.buffalo.edu/resources/self-care-starter-kit.html">https://socialwork.buffalo.edu/resources/self-care-starter-kit.html</a>	Self-care starter kit







## Resources for Teaching Artists



The Mental Health Foundation	<a href="https://www.mentalhealth.org.uk/explore-mental-health/publications">https://www.mentalhealth.org.uk/explore-mental-health/publications</a>	The Foundation works to prevent mental health problems, helping people understand, protect and sustain their mental health.
The Mix (under 25s)	<a href="https://www.themix.org.uk">https://www.themix.org.uk</a>	The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service.
The Music Managers Guide to Mental Health	<a href="https://themmf.net/site/wp-content/uploads/2018/01/Mental-Health-Guide-Digital.pdf">https://themmf.net/site/wp-content/uploads/2018/01/Mental-Health-Guide-Digital.pdf</a>	The Music Manager's Guide to Mental Health was produced by The MMF in conjunction with Music Support and kindly supported by Help Musicians UK.
The Young Freelancer's Guide to Mental Health and the Music Industry	<a href="https://musiciansunion.org.uk/events-career-development/career-guides/musicians-wellbeing-guidance-pack/a-young-freelancer-s-guide-to-mental-health-and-the-music-industry">https://musiciansunion.org.uk/events-career-development/career-guides/musicians-wellbeing-guidance-pack/a-young-freelancer-s-guide-to-mental-health-and-the-music-industry</a>	A guide to mental health and music industry for young self-employed musicians.





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Trauma-Informed Practice Training for Teaching Artists/Arts Education Administrators	<a href="https://bartol.org/tipta/">https://bartol.org/tipta/</a>	Bartol Foundation in-depth and short-term training
Contract of Self Care - Free Illustrated PDF resouce for Artists	<a href="https://www.luminaraflorescu.com/contract-of-self-care">https://www.luminaraflorescu.com/contract-of-self-care</a>	Funded by a-n Artist Bursary Time, Space, Money 'Contract of Self Care supports a best practice model for artists who have a social practice especially those artists who may also experience physical and mental health disabilities. My aim was to develop a 'Contract of Self Care' as a free resource to support artists in avoiding Burnout.
Singing Side By Side	<a href="https://www.singingsidebyside.co.uk/toolkit">https://www.singingsidebyside.co.uk/toolkit</a>	A Singing Facilitator's Toolkit to Support Mental Health Inclusive Singing Groups







**Know of a Resource We Missed?**

**Submit additional resources for inclusion here:**

<https://bit.ly/3DqgMCd>





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