

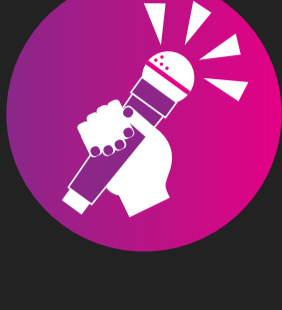
# WHAT IS MUSIC MINDS?

A music-based mental health programme for teenagers.

Empowers young people to cope with stress, anxiety, depression, self-harm and eating disorders

## HOW IT HELPS

“ I kind of learnt through Music Minds that if I get stressed or really angry, instead of doing something else to get rid of anger, like punch somebody, I can write something down or listen to music and it will help me calm myself down. ”



**EMPOWERS YOUNG PEOPLE TO USE MUSIC AS A COPING STRATEGY**



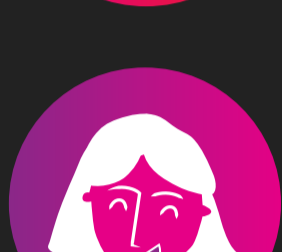
**ENABLES SELF-EXPRESSION**



**INCREASES SELF-AWARENESS**



**IMPROVES RELATIONSHIPS**



**BUILDS CONFIDENCE + SELF-ESTEEM + RESILIENCE**

**97%**

said mental health problems were indirectly helped\*



**41%**

said problems have improved\*

“ For them to be actually working together as a group where it was safe to talk about mental health, anxiety, to really open up, was really good. It normalises mental health ... students now see music as an outlet in terms of creative expression, and they're less worried about what other people perceive of them. ”

*Head of Music*

\* Results from the SDQ (Strengths & Difficulties) survey - a self-reported screening questionnaire for children & young people, used in clinical assessments.

## WHAT IT TAKES

**School partners:** who understand the benefits of creative interventions



**Specialist music leaders:** skilled in working with young people with mental health problems



**Young people:** with an interest in music who are struggling with mental health



**A music charity:** with experience of transforming lives through music and a robust theory of change

“ I suffer from really low self-esteem and it made me feel differently about myself. ”

“ We've all been really open and honest with each other and I think that's a really great step in feeling better. ”

“ It was a good way to be able to express yourself in confidence and privacy. I've learned to be more confident with people because they've also been through things that are hard. ”

## MUSIC MINDS MODEL

**TIER 1**

to raise awareness of mental health and music's role

School assembly  
Parents information session  
Teacher CPD session

**TIER 2**

to develop young people's skills and awareness of music as a coping strategy

Ten-week programmes of music-making in each school (12 students)  
Young people-led music sessions - based on their passions and interests  
Pre- and post- evaluation surveys + focus groups with teachers and students

**TIER 3**

for young people with more severe and complex difficulties

Ten-week programmes of music-making in a variety of settings.  
Referral from agencies such as Hospital Education, Youth Support, Social Services, Alternative Provision Schools.

Pre- and post- evaluation surveys

“ I think projects like Music Minds are vital, ... somebody who's not a parent, not part of the school, can sometimes young people to feel they can be a bit more open, particularly with the creative side, it gives them the opportunity to do things in a different way, and projects like MM are very important to support the work done in school to try to promote good mental health. ”

*Deputy Head.*

**THE MUSIC WORKS**

Transforming lives through music.

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