



Mental health resources for performing artists

The COVID-19 public health emergency has had a significant effect on the livelihood and wellbeing of performing artists in New York City. Since theaters and performing spaces closed abruptly due to COVID-19, many performing artists have experienced unemployment, loss of income, social isolation, and uncertainty – all factors that can lead to or exacerbate mental health challenges. As New York City re-opens, performing artists may have continuing mental health concerns. Support is available.

The following mental health resources can help:

- The [Actors Fund](#) offers licensed clinicians who can provide industry professionals and their families support for issues related to personal stress, anxiety, depression and life transitions. Financial assistance is available.
- [Backline](#) is a national 501(c)(3) nonprofit organization that connects music industry professionals and their families with mental health and wellness resources. Backline offers case management, support groups and free subscriptions to telehealth apps.
- [Center for the Performing Artist](#) at NewYork-Presbyterian supports the physical and mental health of performing arts students and professionals through comprehensive and integrated services, tailored to meet their specific needs.
- [Rauschenberg Medical Emergency Grants](#) provide artists with one-time grants of up to \$5,000 for unexpected health and mental health emergencies.
- [NYC Well](#) provides free confidential crisis counseling and peer support 24 hours a day, 7 days a week, via call, text and chat in over 200 languages regardless of insurance or immigration status. Counselors also provide information about and referral to ongoing mental health and substance use services. For people in crisis, they can dispatch teams that respond within a few hours for in-person assessment and assistance.
- [New York Project Hope](#) helps New Yorkers understand their reactions and emotions during COVID-19. Call the Emotional Support Helpline at 1-844-863-9314 from 8am-10pm for free, confidential and anonymous support and connection to services near you.
- [NYC COVID Care Network](#) is an NYC-based volunteer network of 3000+ mental health providers who can offer free emotional support over the phone.
- [NAMI NYC](#) offers peer support groups for individuals living with mental health challenges and/or mental illness. Additionally, NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition.
- [Baltic Street Into Action](#) offers a community music group for musicians in mental health recovery, at the Brooklyn Music School.

In addition to these mental health resources, many organizations provide various kinds of support for artists. Find a list of relief funds for artists of all types [here](#).