



On July 1, 2018 the Musicians' Clinic's Co-Founding Director, Bethany Bultman, presented a call to action about the growing suicide epidemic in the creative community at the annual international [Performing Arts Medicine Association \(PAMA\) symposium](#).

The panel, named after our [You Got This](#) mental health initiative, featured **Dr. Mark Seton**, one of the authors of the Australian study on creatives and mental health; **Jennie Morton**, the British author of numerous books on performance wellness; **Dr. Patrick Gannon**, San Francisco psychologist who is our You Got This advisor, and renowned musician and songwriter **James Blake** speaking out about this crisis. The You Got This panel addressed what many studies suggest is an **underreported epidemic of mental health issues among working musicians**.



The response has been overwhelming, creating a ripple effect of an outpouring of press who have embraced this public health epidemic:

[Billboard](#) | [Consequence of Sound](#) | [The Guardian](#) | [Resident Advisor](#) | [Pitchfork](#) | [Fader](#)



The **You Got This (YGT)** mental health initiative grew as a response to this ongoing epidemic. YGT is directed by a community task force in collaboration with local and national mental health and performing arts medicine advocates focused on optimal mental health wellbeing and suicide prevention by providing increased access to trusted self-care resources that are confidential, supportive and clinically effective.

Karen from [Amoeba Music](#) in Hollywood says, *You Got This!*

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Pictured Above: The NOMC Team - Managing Director Erica Dudas, Social Worker Megan McStravick, and Co-Founding Director Bethany Bultman - works to take You Got This and the NOMC services to the next level to save lives at the PAMA symposium in Los Angeles, CA on July 1, 2018.

Support Mental Health Resources for Creatives

GIVE

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