

JOIN THE CHOIR!

MUSIC

SUPPORTING PEOPLE IN DEPRESSION

[#worldmentalhealthday](#)

OPEN LETTER

October 10th is the World Mental Health Day. This year, for the third time, we would like to join its celebrations by organising the "MUSIC - Supporting People in Depression" campaign, being aware of the importance of singing on a person's mental well-being.

According to the World Health Organization (WHO) **by 2030, depression will be the most common disease in the world.** More and more people are experiencing its symptoms, which include mainly: low mood, slow thinking, slowing down of body movements, passivity, withdrawal and reluctance to maintain social contacts. One of the most serious symptoms of depression is are suicidal thoughts, which can, although not always, turn into suicide attempts or acts. Depression is not selective - it affects everyone regardless of gender, age or culture.

This disease should not be diagnosed on your own! If symptoms start to cause concern, come back and forth, persist for at least two weeks, you should see a primary care doctor, a psychiatrist, a psychologist or a psychotherapist, who will conduct a clinical interview in an atmosphere of trust and acceptance in order to make the correct diagnosis.

Fortunately, depression is becoming a more and more common topic, which causes a gradual decrease in the associated feeling of shame and social stigmatisation of people suffering. It is worth remembering that **this is a curable disease** and the best results are brought by using medications appropriately selected by a psychiatrist and taking up psychotherapy.

In addition to the aforementioned treatment methods, it is also worth using other activities that support the recovery process. One of them - confirmed by numerous scientific studies - is singing, which is being the essence of the action "MUSIC - Supporting People in Depression" organised by: Chortownia Foundation in cooperation with Silesian Association of Choirs and Orchestras, Artifices Artificibus Association and the National Conference MAM GŁOS (I HAVE A VOICE).

The aim of the campaign is to promote public awareness of the beneficial effect of singing in dealing with depression. Science confirms that it improves well-being, reduces the level of stress and hopelessness and lowers the feeling of loneliness. It has also been proven that vocal activity has a beneficial effect on strengthening the body's immune system.

Choirs that volunteered for the action "MUSIC - Supporting People in Depression" decided to join this event through involvement in the following areas of artistic activities:

- organising concerts during which knowledge about depression is disseminated
- organisation of open rehearsals for all interested and especially for people suffering from depression, wanting to experience the beneficial effects of choral singing
- musical setting of the liturgy, during which people with depression are remembered in prayers and knowledge about this disease is disseminated.

Some conductors in various countries also decided to organise „Warm-up for Health“ and vocal workshops for people who want to experience how working with your voice improves your mood.

Let's not ignore depression! Let's take care of our own mental health and let's be a responsible support for people who experience depression!

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