

INTERNATIONAL CAMPAIGN

MUSIC

SUPPORTING PEOPLE IN DEPRESSION

#worldmentalhealthday

OPEN LETTER

According to the World Health Organization (WHO), by 2030 depression will be the most common disease in the world. The topic of depression is appearing more and more often in the public sphere. There are two reasons for this. First, the idea of taking care of mental health is already clearly rooted in the public consciousness and the fact that depression is a common disease. Second, it is clear that methods of supporting suffering people on the path to health are being discussed more and more widely!

Numerous scientific research results show undeniably how music, and especially group singing, has a beneficial effect on a person's mental health. Vocal activity not only improves physical condition, but also improves the functioning of the respiratory and cardiovascular systems. It improves our immunity and helps achieve internal balance. Singing is pleasant in itself and therefore has a direct effect on improving mood. Making music together in a choir extends the benefits of singing thanks to the social aspect. Striving for a common goal, giving each other mutual understanding and support is a priceless value.

That is why the "Chórtownia" Foundation, together with the Silesian Association of Choirs and Orchestras and other partners, is organizing the campaign "Music - support for people with depression" again. Its aim is to promote in the public awareness the beneficial influence of choral singing in dealing with depression and the need to treat it professionally.

The choirs taking part in this international campaign operate in four areas:

1. Organising concerts during which professional knowledge about depression is disseminated.
2. Organising open rehearsals for all interested parties, especially for people suffering from depression who want to experience the beneficial influence of choral singing on mood.

MORE AT DEPRESJA.CHORTOWNIA.ORG

3. Singing during liturgy in churches, praying for people suffering from depression and spreading knowledge about this disease.
4. Organising "Singing for health" - vocal workshops, led by conductors for people who want to experience how working with the voice improves mood.

Let's not underestimate depression! It is still a shameful topic and causes a lot of suffering. It affects everyone, regardless of gender, age or culture. However, it is not a condition from which it is impossible to get out.

If someone notices symptoms of a deterioration in their mood (lasting over 2 weeks), reluctance to socialize, clear difficulties in functioning, such as a decrease in appetite, insomnia or suicidal thoughts, they should go to a primary care physician or psychiatrist, who will make a reliable diagnosis, implement pharmacological treatment or refer them to a psychologist or psychotherapy.

Let us not be left alone with suffering and let's allow ourselves to be helped. Let's take care of our own mental health and be a responsible support for people who experience depression!

dr Krzysztof Dudzik



Campaign content supervisor
psychologist, psychotherapist
choral conductor, music trainer

Justyna Dziura



President of
"Chórtownia" Foundation,
campaign coordinator

Kamil Gojowy



Creative manager,
choral conductor

Organiser



Partners



MAM
GŁOS

