

SOUNDHECK

Mental Health in the Canadian Music Industry QUEBEC FINDINGS | May 2026

The following data is drawn from the Quebec subset of the 2025 Soundcheck survey — the most comprehensive study of mental health and workplace culture in the Canadian music industry, led by Catherine Harrison, M.Psych., Founder and President of Revelios. This subset includes 58 respondents based primarily in Quebec. Data reflects the perspectives of music industry professionals across roles and sectors.

Prevalence of Mental Health Challenges

The data from Quebec respondents reveals a near-universal experience of mental health challenges in the music industry. Eighty-eight percent of respondents said they have personally experienced mental health challenges in their work, and 95% have personally witnessed them in others.

88%

of Quebec respondents have personally experienced mental health challenges in the music industry.

95%

have personally witnessed mental health challenges in colleagues or peers.

66%

say mental health issues are everywhere in the Canadian music industry. A further 24% say they are common.

On suicidality, the data is significant. Of the respondents who answered the question about feeling that life was not worth living, 60% said yes. Of all respondents, 52% said they had wished they were dead, and 48% reported having thought about taking their own life.

52%

of respondents have wished they were dead.

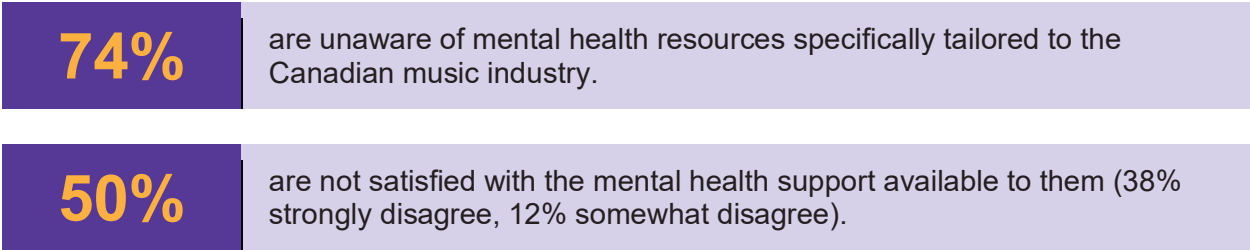
48%

have thought about taking their own life.

Knowledge, Resources, and Support

Despite the high rates of personal exposure to mental health challenges, Quebec respondents expressed limited confidence in their own capacity to manage their well-being. Only 20% strongly

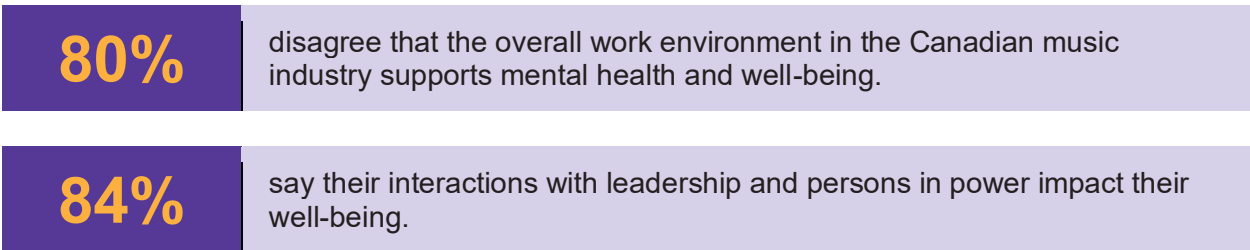
agreed they have the knowledge and tools to support their mental health. Nearly three-quarters — 74% — were unaware of any mental health resources specifically tailored to the Canadian music industry.



Workplace Environment and Leadership

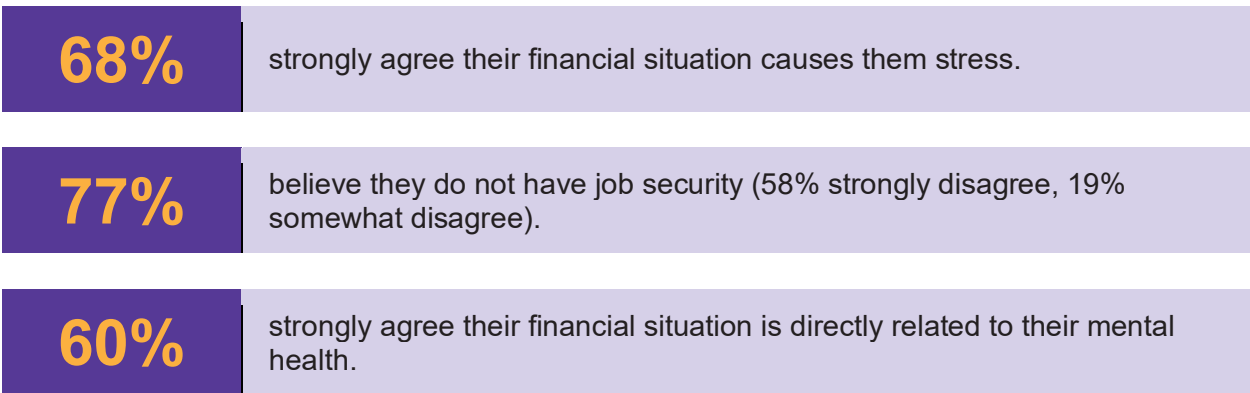
Quebec respondents described a deeply unsupportive work environment. Fifty percent strongly disagreed that the overall work environment in the Canadian music industry supports mental health and well-being; an additional 30% somewhat disagreed. Only 4% strongly agreed.

On whether leadership actively puts measures in place to support mental health, 31% strongly disagreed and 22% somewhat disagreed. Only 10% strongly agreed.



Financial Stress and Precarity

Financial precarity was one of the sharpest themes in the Quebec data. Sixty-eight percent strongly agreed that their financial situation causes them stress, and 60% strongly agreed it is closely tied to their mental health.



Modern Industry Changes and Work Schedules

The structural demands of the modern music industry are registering as a direct mental health stressor. Eighty-six percent agreed that the all-on/all-off nature of music industry work schedules negatively impacts their mental health. Seventy-two percent disagreed that modern industry changes — including streaming, social media, and AI — support their ability to do their best work. Eighty-nine percent found modern industry changes stressful and overwhelming.

86%

say the all-on/all-off nature of the industry's work schedules negatively impacts their mental health.

89%

find modern changes in the music industry stressful and overwhelming.

Discrimination, Identity, and Representation

A significant portion of respondents connected experiences of discrimination directly to their mental health. Among those who answered the sexism question, 63% agreed it affects their mental health. For racism, 56% agreed. For harassment, 54%. For bullying, 50%. For ageism, 58%.

On representation, 67% disagreed or strongly disagreed that they feel accurately represented in the Canadian music industry. Only 13% strongly agreed.

67%

do not feel accurately represented in the Canadian music industry.

Training, Education, and Accountability

Formal mental health training is essentially absent. Seventy-three percent reported no training or development to support their own mental health. Ninety-five percent reported no training to support their peers' mental health. Among Part 2 respondents, 100% had received no workplace mental health awareness training.

At the same time, 93% of Part 2 respondents agreed that ongoing mental health training for music industry professionals is important. Seventy-three percent of that group strongly agreed. Fifty percent strongly disagreed that they are satisfied with the current availability of such programs.

95%

of respondents have had no training or development to support their peers' mental health.

93%

agree that ongoing mental health training for music industry professionals is important.

A Note on These Findings

Three patterns in this data deserve particular attention. The suicidality figures are significant by any measure — more than half of respondents have wished they were dead, and nearly half have thought about taking their own life. These are not abstract indicators of sector-wide stress. They point to a population in genuine crisis.

The near-total absence of formal mental health training sits in sharp contrast to near-universal agreement that such training matters. Ninety-five percent of respondents have received no training to support their peers' mental health. Ninety-three percent believe ongoing training is important. That gap is not a knowledge problem. It is a systems problem — and it has a direct solution.

The financial precarity thread running through the data connects the mental health crisis to structural industry conditions rather than individual circumstance. When 68% strongly agree their financial situation causes them stress and 77% do not believe they have job security, the conversation about mental health in the music industry cannot stop at wellness resources. It must include how the industry is organized and who bears the cost of its instability.

A note on scope: this report reflects the responses of 58 Quebec-based music industry professionals. Directional trends are meaningful, but this subset is not large enough to support statistically definitive conclusions. It should be read as a signal, not a census.

About the Soundcheck Report

[Soundcheck](#) is the most comprehensive study of mental health and workplace culture in the Canadian music industry. Led by Catherine Harrison, M.Psych., P.C.C., Founder and President of Revelios, the study drew on 1,250+ respondents nationwide. The full Soundcheck Report was published in February 2026. Revelios is the Official Music Industry Mental Health Partner of the 2026 JUNO Awards.

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