

## **Each Mind Matters Encourages the use of Music for Hope and Recovery**

**Hayward-Calif.-(Each Mind Matters) July 1, 2015-** Over 100 young adults from across the state came together to celebrate the power of hip-hop in reducing mental health stigma and encouraging hope and resiliency. The #MillionsLikeMe Music for Mental Health event was held at California State University, East Bay and was made possible by Each Mind Matters, California's Mental Health Movement.

Young hip-hop artists submitted original music and spoken word pieces to the first ever #MillionsLikeMe Music for Mental Health album. Professionals from the music industry, as well as the mental health community, attended the event and provided insight into how music can be a powerful tool for social change.

During the event, attendees participated in breakout sessions where they were able to express how music has affected them personally, and receive constructive feedback from industry leaders such as artist KALASOL a.k.a Boss of the Bay and Steve Hogan of Pandora Radio. In addition to the breakout sessions, mental health professionals addressed the importance of communicating emotions through music, poetry and artistic expression.

The talent of young artist in the audience did not go unnoticed; all the participants were asked to perform their original music and spoken word pieces following a speech from Stephanie Welch, senior program manager for the California Mental Health Services Authority.

"Finding inspiration and comfort in music is something that many of us can relate to," said Stephanie Welch, senior program manager for the California Mental Health Services Authority. "Artistic expression can be an outlet for feelings that one may hold within."

Each Mind Matters is one of many organizations establishing a path to support and recovery by helping to reduce mental health stigma. Seventy-five percent of lifetime cases of mental health conditions begin by age 24. When young people feel alone in dealing with mental health challenges, they may be afraid to talk about it and not get the help they need. Delay in accessing mental health services is a missed opportunity for young adults to improve their lives and reach their potential. Each Mind Matters believes music is a great tool that can be used for recovery and creating social change, especially among young adults.

"Facts like these are a grim reminder of the need for prevention and early intervention programs in California, events like this provide an opportunity for young people to talk about what challenges they might be facing, said Stephanie Welch."

The #MillionsLikeMe Music for Mental Health Album can be downloaded for free at [www.cdbaby.com/cd/millionslikeme](http://www.cdbaby.com/cd/millionslikeme). With funds generated by Proposition 63, which imposed a special state tax on people with incomes over \$1 million, the efforts supported by CalMHSA, California Mental Health Services Authority, are intended to reduce stigma and discrimination surrounding mental illness, prevent suicides, and improve the mental health of students and

young adults across the state. For more information on the movement and to get involved, visit [www.eachmindmatters.org](http://www.eachmindmatters.org).

###