

MID WEST MUSIC FEST & MENTAL HEALTH

During the 2020 year we are launching an initiative to help shine a light on and support mental health for musicians. We are partnering with the YMCA - La Crosse, Dissonance - healthy community for creative people and Minnesota Public Radio's Call to Mind.

We have worked with artists for over a decade and witnessed first hand the challenges that many of them and their families face connected with mental health. We also know that mental health has carried a stigma that should not be there. MWMF will foster conversations, positive messaging, and activities that will help further the conversation on mental health and self-care.

2020 Proposed Initiatives

- Incorporating positive and supportive messages about mental health as part of our regular outreach on social media and our monthly e-news subscriptions
- Providing opportunities for connection between musicians, fest goers and health and wellness providers
- Collaborating with partners to sponsor sober green rooms for musicians during both of our festival weekends
- Providing resources connected to mental health and self care during our FREE community Saturday events during both of our festival weekends
- Creating opportunities for mental health information to be shared onstage during the event
- Offering a facilitated panel discussion with musicians for a musician audience about mental health
- Offering morning sessions during the fests in yoga, movement, mindfulness and Qigong through community partners

