

Open Letter by D34DM0053: Addressing Mental Health in the Music Industry

Hey everyone,

I'm taking a moment today to step back from the decks and studio sessions to touch on something that I reckon doesn't get enough spotlight — mental health in our music circles. It's a bit of a shift from my usual posts about beats, drops, and the next big thing in electronic music, but hear me out.

Going through the highs and lows of music production, touring, and just trying to stay on top of the game can do a number on you. Each performance, track release, and public appearance carries a weight that all of us in the industry feel but rarely chat about. We're often caught in this loop of creating non-stop, pushing harder, and performing better. And it's dope, really — the rush is part of why we do what we do. But it can also be a beast.

I've had my share of rough patches where it all seemed a bit too much. During those times, I felt like I was constantly running on fumes, trying to keep up with the expectations and my own desire to innovate. It's tough admitting when you're not feeling top-notch in a scene where everyone seems to be crushing it 24/7.

This letter isn't just to spill my guts but to open up a conversation that we need to have louder and more often. Mental health resources and support systems are crucial, especially in creative industries where instability is part of the gig. We gotta look out for each other and ourselves. Recognizing when someone — *maybe even you, reading this* — needs to step back for a mental health breather should be as normal as taking a sick day for the flu.

Here's what I've learned and what helps:

Talking helps: Just opening up to someone you trust can lift a huge weight off you.

Professional help is cool too: There's no shame in getting some therapy or counseling. It's just like tuning an instrument - sometimes your mind needs a bit of adjusting to keep playing the right tunes.

Taking breaks is essential, not optional: It's okay to pause and recharge. The music, the fans, the shows will all be there when you get back.

Let's make mental health a standard part of our convo, not just a backstage whisper. Whether you're a bedroom DJ or hitting the main stages, you're not alone in feeling the pressure. Let's be there for each other, like one massive collab track where everyone brings something unique to the mix.

Drop me a line if this speaks to you or share your stories if you're comfortable. The more we talk about it, the more we can change it.

Stay safe, stay strong, and keep the beats rolling.

Peace,

D34DM0053