Music Therapy & mental health

A professional practice that uses music-based interventions

Evidence-based music therapy favorably impacts:

**Depression**
- Treatment & management
- Harmful patterns
- Mood
- Symptoms & functioning

**Pain**
- Management & functioning
- Being present & self-efficacy
- Relaxation
- Perception

**Anxiety**
- Awareness & management
- Emotion regulation
- Coping, stress tolerance, & resilience
- Improved quality of life

For selected references & other music therapy resources, visit: [https://www.musictherapy.org/research/sound_health_initiative/](https://www.musictherapy.org/research/sound_health_initiative/)