



The Al & Malka Green Artists' Health Centre



UHN Canada's
Hospital

ANNOUNCEMENTS

Workshop Announcements

There will be no workshops in July and August. Stay tuned for the next ones in the fall!

Love what we do?

Please be so kind to give us a [Google review](#)

Follow us on social media!

Did you know we have an Instagram and Facebook page? Follow us for updates!



@ARTISTSHEALTHCENTRE

IN THIS ISSUE

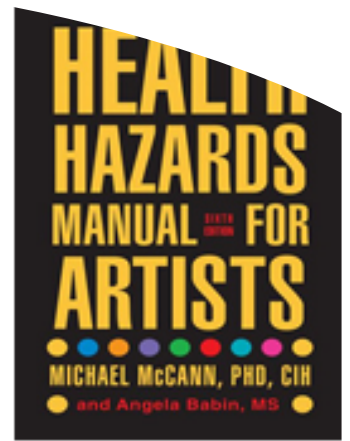
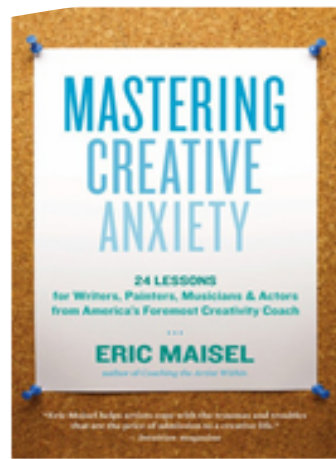
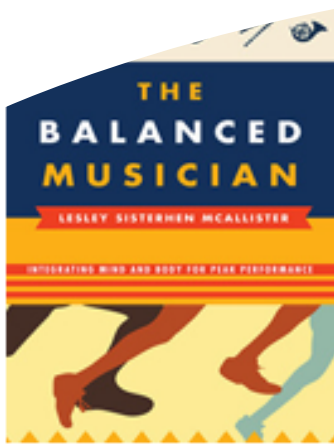
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This Issue's Contributors:

Lisa Cunningham, Gary Basran, Alicia Luboch, Shelly-Anne Li

Layout/Design: Alicia Luboch

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Free Artists' Health Book Collection!



The Patient & Family Learning Centres/Libraries at UHN provide a vast collection of **free e-books and audiobooks** for patients, caregivers, staff, and community members in Ontario!

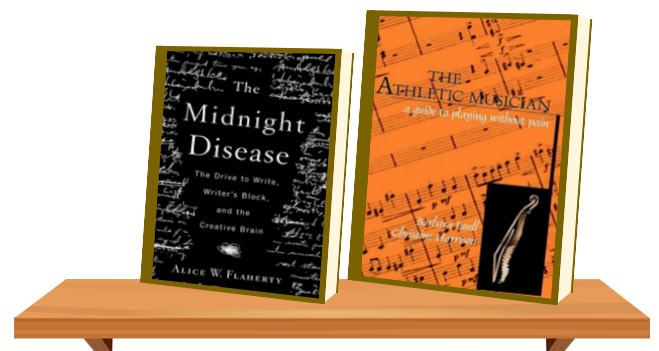
The UHN Library has a curated collection for artists' health! You can also access other books on health and wellness, and other specific conditions like diabetes, anxiety, and more!

How to access these resources on Smart Phones/Tablets:

1. Using the app store on your device, download **Libby** by OverDrive
2. Find "**University Health Network**"
3. Enter your cell phone number* to receive the verification code by text message
4. Sign up using the seasonal access code (shown right)

*If you lived outside of Ontario or want to read e-books on your computer, contact the library to get access:

 TGPEN@UHN.CA  **416-603-6277**



ACCESS LIBRARY HERE!



Seasonal Access Codes:
 Apr-Jun: Summer26uhn
 Jul-Sep: Fall26uhn
 Oct Dec: Winter26uhn





CALL FOR ADVISORY PANEL MEMBERS

DO YOU HAVE AN INTEREST IN THE ENVIRONMENT AND HEALTH?

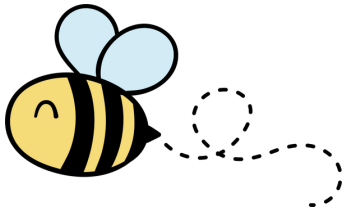


The Artists' Health Centre is working on a project to better understand the connection between art and the environment, with the goal for healthier artists and a more sustainable environment!

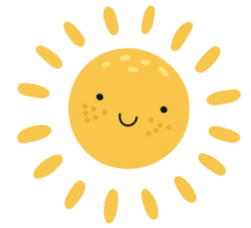
You will get to be on an advisory panel to discuss your experiences and how we can shape this research and translate the research findings to your community. The advisory panel will be meeting for 1-hour online.



EXECUTIVE DIRECTOR SPOTLIGHT



GARY BASRAN



Gary S. Basran is a senior healthcare executive and executive director within the University Health Network (UHN), where he leads integrated primary care programs focused on improving access, equity, and outcomes for diverse and often underserved populations. He holds a Master of Laws (LL.M.) in Business Law from the University of Toronto and a Master Certificate in Healthcare Management from York University. He is currently a Doctor of Business Administration candidate, with a focus on leadership, system integration, and healthcare transformation. With >15 years of leadership experience across Ontario's healthcare system, Gary brings a systems-level perspective to the design and delivery of community-based care. As Executive Director of the Artists' Health Centre, Gary oversees a specialized model of care that supports the unique physical, mental, and social health needs of artists. Beyond his executive leadership, his experience in martial arts environments as a Grand Master in Taekwondo informs his perspective on the physical and psychological demands faced by artists.

What does being the Executive Director of The Artists' Health Centre mean to you, and what excites you most about this work?

At a professional level, it's about building and sustaining a model of care that meets people where they are, clinically, emotionally, and socially. On a personal level, it connects to something I've lived. As a martial artist and athlete, I understand what it means to train through pain, to push past limits, and to carry the pressure of performance. There's a discipline to it, but there's also a quiet cost. Injuries are often minimized. Mental strain is internalized. You keep going, because that's what the environment demands. Artists live in a very similar space.

What excites me most about this work is the opportunity to create something different. Specifically, fostering an environment where people don't have to push through alone and where care emphasizes treating the patient as a whole.

From your perspective, what makes The Artists' Health Centre unique in how it supports artists' health and wellbeing?

The Centre is unique because it truly sees artists. Not just as patients, but as individuals navigating a complex intersection of identity, work, and wellbeing. An injury for an artist isn't just physical; it can mean lost income, missed opportunities, and a disruption to something deeply tied to who they are.

Mental health challenges are often layered with instability, isolation, and performance pressure. At the Centre, we don't separate those pieces; we bring them together. Through an interprofessional model, we're able to support artists in a way that reflects their reality. But more importantly, we recognize that creative work comes with unique demands, and that care needs to be shaped around that.

How do you see the Artists' Health Centre evolving over the next 5 years, particularly within the broader healthcare and arts ecosystems?

I think The Artists' Health Centre will be growing not just only in size, but in influence. We will always remain grounded in care, but there is an opportunity to shape how the broader system understands and supports artists by expanding access. And it means becoming a stronger voice, advocating for changes that recognize the realities of creative work, from mental health to income instability to continuity of care. The goal is not just to grow the Centre, but to influence the system around it.

Can you share a moment or story that has stayed with you and reflects the impact of the Centre on artists' lives?

What stays with me are the stories we see everyday, artists who have been carrying something for a long time, often quietly. Artists will come to the Centre after managing a chronic condition on their own while continuing to perform. They had adapted, adjusted, and pushed through, because stopping didn't feel like an option. Over time, through coordinated care they began to stabilize. What stands out isn't just the clinical improvement; it's the feeling of being heard and knowing that someone understands what this is costing them. It's the shift from being unseen to understood, is where the real impact of this work is.

What are some of the biggest challenges artists face in accessing healthcare today, and how is the Centre working to address these at a systems level?

Many artists are navigating systems that were never really designed for them. Irregular income, lack of benefits, and limited attachment to primary care create real barriers to access. At the same time, there's often a culture of pushing through, of not seeking care until something becomes critical. From a systems perspective, this creates a gap. The Artists' Health Centre works to bridge that gap by lowering barriers to access, integrating care across disciplines, and advocating within broader systems like Ontario Health for models that better reflect the realities of artists' lives.



An injury for an artist isn't just physical; it can mean lost income, missed opportunities, and a disruption to something deeply tied to who they are.



Looking ahead, what is the legacy you hope the Artists' Health Centre will leave for future generations of artists, and how can the Centre move toward this?

The legacy I hope we leave is simple, but meaningful: that artists no longer have to choose between their health and their work. That care is accessible, understood, and designed with them in mind. Getting there requires intention. It means continuing to build sustainable models of care, strengthening partnerships across healthcare and the arts, and investing in the kind of work that demonstrates impact. For me, this work is more than leadership; it's about responsibility.

As someone who understands performance, discipline, and the pressure to keep going, I see this as an opportunity to help create a system where people can pursue what they love without sacrificing their wellbeing in the process.





Knowledge Translation Series

Mental Health Literacy in Artists

Paper: Li, S.-A., Sakata, N. & Donn, G. (2025). A scoping review of mental health literacy in performing and creative artists: Identifying current gaps and future directions. *Front. Psychol.* 16.

What is Mental Health Literacy?

It's more than simply “knowing about mental health”; it includes 4 components:



One important takeaway: Knowledge can change outcomes

Dr. Li's review suggest that mental health education should not be treated as an “add-on” but as a core part of arts education curriculum.

What did the Researchers want to Know?

What is the extent of interventions and resources to help artists understand mental health, recognize warning signs, know where to seek help, and feel comfortable accessing support?

What do the Findings Mean for the Arts Community?

There are very few interventions focused on improving mental health literacy for artists compared to fields like sports medicine or education.

This review sends a strong message: Artists do not simply need to “be more resilient.” Arts community needs systems, education, and communities that support mental health *proactively*. That could include:

- Mental health workshops in arts programs
- Better access to artist-informed healthcare providers
- Reducing stigma around seeking care
- Building healthier artistic cultures that do not normalize burnout and suffering



Workshops in May!

We are thrilled to have Jennifer Fader return for the second part of her series: “Building a Resilient Artistic Identity.” Vivianne Collins is joining us for the first time to teach a contemporary pilates class, specifically catered to artists. Stay tuned for more workshops in the coming months! They’re all free!

Building a Resilient Artistic Identity: Art and the Day Job

Facilitator: Jennifer Fader
Registered Psychotherapist

 **Tuesday, May 26, 2026**
10:30 AM - 12:30 PM

 **In-person at AHC**

Supporting artists in separating creative identity from outcome.




The Al & Malka Green Artists' Health Centre 

Contemporary Pilates for Artists' Health

Facilitator: Vivianne Collins
Contemporary Pilates Instructor

 **Thursday, May 21, 2026**
1:30 - 3:00 PM

 **In-person at AHC**

Lengthen, strengthen and reconnect in this Pilates workshop for all artists.




The Al & Malka Green Artists' Health Centre 

REGISTER NOW 

WELLNESS TIPS FOR ARTISTS

InTune: A Health & Wellbeing Tool for Performers

- In partnership with the British Association for Performing Arts Medicine, the PRS Members' Fund created this digital health resource.
- Eligible songwriters and composers can access personalized support, clinical assessments, funding guidance, and health advice, for F
- The initiative aims to support artists facing challenges such as burnout, loss of motivation, and concerns about AI, helping them focus on creating music.

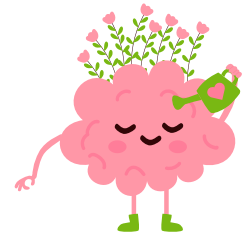


Stress Management Techniques:

- If you recognize symptoms of high stress such as tense muscles and migranes, reflect on all of your stressors and attempt to address things you can easily improve.
- Reflect on your workload and responsibilities - is there someone who can help you with some of them? Make a list of your priorities.
- Physical exercise can release feel good hormones called endorphins, improving your mood.
- <https://www.intune.prsmembersfund.com/managing-stress-or-illness/>



RESOURCES FOR ARTISTS



Power Hour: Writing Artist Statements, Bios, and CV's

Attend this workshop offered by Brampton Arts Organization to learn how to write your artist statement, compose project proposals, receive cover letter advice, and more!

- **Location:** Virtual (Zoom)
- **Price:** Free
- **When:** May 21th 12:00 PM - 1:30 PM

Brampton Arts Organization

[SIGN UP HERE](#)

Recognizing and Managing Stress

Register for this online session about stress management, adequate coping strategies, and learn about helpful resources available to you.

- **Location:** Virtual (Zoom)
- **Price:** Free
- **When:** June 24th 12:00 PM - 1:00 PM

Toronto Western
Family Health Team

[SIGN UP HERE](#)

Financial Wellness for Artists

Sign up for this workshop led by an Accounting, Bookkeeping, and Tax expert. It is designed to aid young artists in learning how to budget and reflect on their financial behaviors.

- **Location:** Virtual (Zoom)
- **Price:** Free
- **When:** May 25th 6:30 PM - 8:30 PM

JAYU

[SIGN UP HERE](#)