

music support

BY THE INDUSTRY. FOR THE INDUSTRY.

ABOUT US

Music Support is a registered UK charity and leading peer-to-peer support service for anyone working in the UK music industry affected by emotional or mental health issues, or addiction.

We achieve this through mobilising a highly skilled network of industry peer volunteers and professionals who create safe spaces to for receive help, learn, share and be encouraged in the journey of recovery.

Our story is one of authenticity, hope, courage, connection, transformation and helping people to (re)discover the best version of themselves.

- Approximately 1 in 4 people in the UK will experience a mental health problem each year.
- People with severe and prolonged mental illness are at risk of dying on average 15 to 20 years earlier than other people.
- Evidence suggests that 12.7% of all sickness absence days in the UK can be attributed to mental health conditions.
- It is estimated that only 1 in 5 people needing treatment for alcohol dependency in England are currently accessing treatment.

We offer a non-judgemental, impartial and confidential service.



Freephone helpline 0800 030 6789

- Speak confidentially to a trained industry peer.



Safe Hubs

- A safe place for artists and anyone working backstage at major UK music festivals.
- Attend a 12 Step Recovery Meeting backstage.



Education and Training

- Training, workshops and panels facilitated by professional trainers with music industry experience.



Signposting and referrals

- UKCP and BACP accredited counsellors and psychotherapists.

For further information please visit www.musicsupport.org or email info@musicsupport.org

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WE ARE HERE FOR YOU

FIND OUT MORE

CONTACT US

HELPLINE 0800 030 6789

General Enquiries

Office: 020 3948 6777

Email: info@musicsupport.org

Press: press@musicsupport.org

Web: www.musicsupport.org

“

I'm so glad to have made the decision to speak to you guys but mainly to come home to sort myself out for once despite the inconvenience to the other people on the tour I am currently with. I think they are all supportive though and I have received quite a few messages to help me think that!

Service User

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“

Music Support is a brilliant gateway to the community of men and women who recognise the despair and shame of addiction and how to recover from it.

David Enthoven

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“

This is such a timely undertaking and I am very happy to be Music Support's first patron.

Robbie Williams

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“

I can't recommend Music Support enough. An artist on the label was struggling to handle their hectic release and touring schedule and asked us for help...They handled our enquiry quickly, discreetly and professionally.

XL Recordings

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Follow us



MusicSupportCharity



@Musicsupport_uk



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For further information please visit www.musicsupport.org or email info@musicsupport.org

Music Support UK is registered with the Charity Commission of England and Wales.

Registered Charity Number 1170231