

# music support

BY THE INDUSTRY.  
FOR THE INDUSTRY.

APPROXIMATELY

**1 IN 4** PEOPLE



IN THE UK EXPERIENCE A  
**MENTAL HEALTH**  
PROBLEM EACH YEAR

64% OF PEOPLE IN THE UK KNOW SOMEONE  
**WITH AN ADDICTION**

Music Support is a charity that helps peers who work in music and live events affected by mental ill-health and/or addiction.

For further information or to make a donation:

[www.musicsupport.org](http://www.musicsupport.org)

[info@musicsupport.org](mailto:info@musicsupport.org)

0203 948 6777

 @MusicSupportCharity

 @Musicsupport\_uk

 @Musicsupport\_uk



## OUR SERVICES



### Helpline

0800 030 6789 Mon-Fri 9am-5pm

A non-judgemental and confidential listening ear service that industry peers can call for advice and support.



### Support Services

An all-encompassing support system with signposting and guidance, individual case management and crisis support.



### Training

Mental Health First Aid and Addiction and Recovery Awareness training to empower individuals to look after the wellbeing of their colleagues (and themselves).



### Safe Hubs

A backstage space at festivals for artists and crew to take time out and speak to Mental Health First Aid trained staff.

Music Support UK is registered with the Charity Commission of England and Wales. Registered Charity number 1170231.