

music support

BY THE INDUSTRY.
FOR THE INDUSTRY.

APPROXIMATELY

1 IN 4 PEOPLE



IN THE UK EXPERIENCE A
MENTAL HEALTH
PROBLEM EACH YEAR

IN THE UK KNOW SOMEONE
64% OF PEOPLE **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



info@musicsupport.org

0203 948 6777



OUR SERVICES



Support Services

An all-encompassing support system, including confidential Helpline, managed by peers with lived experience of the highs and lows of the industry, available Mon-Fri, 9am-5pm on 0800 030 6789 (or email helpline@musicsupport.org)



Family and Friends

Support and resources for anyone supporting someone who works in the music industry struggling with mental ill-health and/or addiction.



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.