

# 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 the UK music industry experiencing substance use, addiction and/or mental health challenges.

For further information or to make a donation:

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



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



## 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](mailto: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 bespoke workshops 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.



### Community and Connections

Events and peer support groups that provide spaces to build resilient relationships, promote wellbeing and create a sense of belonging.

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