

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

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.



Safe Hubs

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



Addiction & Recovery Workshop

Designed by addiction experts with lived
experience to help peers to understand
the nature of addiction, recognise signs
and symptoms and guide others towards
recovery.



Mental Health First Aid Training

Designed to teach people how to spot the
signs and symptoms of mental ill-health and
provide peers with help on a first aid basis.

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