

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



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)



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.



Connections & Community

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.