

Mental Health Resources from the Musicians' Union

Music Minds Matter is a free 24/7 helpline run by Help Musicians UK for everyone in the music industry. Call them on 0808 802 8008 or [visit their website](#).

Music Support also runs a helpline for anyone in the music industry struggling with ill mental health and/or addiction. It operates 9:00 am - 9:00 pm on weekdays, and 10:00 am - 8:00 pm on weekends. Call them on 0800 030 6789 or [find out more on their website](#).

The British Association for Performing Arts Medicine (BAPAM) connects performing artists and musicians with free specialist health support. You can get in touch by phone, email or at one of their regular clinics in London, Birmingham, Glasgow, Leeds, Cardiff, Liverpool & Belfast. [Check out their website for details](#).

You can also contact Mind for urgent help and support. Plus advice on how to support others. [Visit their website](#).

Young Freelancers Guide to Mental Health and the Music Industry

[The Young Freelancer's Guide to Mental Health and the Music Industry](#) looks at common challenges facing freelance musicians, strategies for meeting them, and how to access support.

Written by mental health experts, it covers:

- Self care
- Burn out
- Support networks
- Cultivating resilience
- Anxiety and panic attacks
- Depression