

Support and Resources:

US:

National suicide prevention: 1-800-273-8255

<https://suicidepreventionlifeline.org/>

The National Center on Domestic Violence, Trauma & Mental Health:

(312) 726-7020

<http://www.nationalcenterdvtraumamh.org/>

NOW-NYC:

NYC WELL: 1-888-NYC-WELL

1-888-692-9355

Text: WELL to 65173

Multiple call options also here:

<http://nownyc.org/service-fund/get-help/mental-health-counseling/>

The Samaritans (NYC-based) 24/7 Hotline: (212)-673-3000

Lifeline: 1-800-273-8255 (24/7)

(for yourself or on behalf of someone else)

CANADA:

Crisis Services Canada: 1-833-456-4566

Québec: **1-866-277-3553**

Text: **45645**

General Mental Health support & information:

CAMH:

<https://www.camh.ca/>

UK:

General mental health support:

CRISIS contact:

Samaritans - (UK Suicide hotline equivalent) - 116 123 [UK and Republic of Ireland]
<https://www.samaritans.org/how-we-can-help-you/contact-us>

MIND:

Seeking help for a mental health problem:

<https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/#.WyOy6RJKiRs>

A-Z of mental health support options:

<https://www.mind.org.uk/information-support/a-z-mental-health/>

SANE.org.uk:

http://www.sane.org.uk/what_we_do/support/
SANEline: **0300 304 7000** 4.30pm – 10.30pm daily

List of charities and organisations for a range of varied, specific support:

<https://www.time-to-change.org.uk/what-are-mental-health-problems/mental-health-help-you/other-useful-organisations>

Mental Health & other support *specifically for musicians:*

Music Minds Matter: 0808 802 8008

<https://www.musicmindsmatter.org.uk/>

(NB: It says that to get **free** counselling, you have to be earning 50% of your income from music. If you're not, don't worry just say you did at one stage or you nearly are or tell them the truth and they may well give you the resource anyway. (Don't quote me on that, but it's a useful heads-up.)

General counselling (Scotland) and an opportunity to add your music to their 'Songs for Sound Minds' playlist:

<https://www.thepark.org.uk/about-us/songs-for-sound-minds/>

AUSTRALIA:

SANE.org:

Helpline: **1800-187-263**

Lifeline telephone counselling: **13 11 14**

<https://www.sane.org/get-help>

WORLDWIDE organisations:

Twelve Step programs:

Substance problems:

AA:

<https://www.aa.org/>

NA:

<https://na.org/>

Relationship problems:

For families / friends of alcoholics:

<https://al-anon.org/>

SLAA:

<https://slaafws.org/>

Money problems:

DA: (Debt)

<https://debtorsanonymous.org/>

UA: (Underearning)

<http://www.underearnersanonymous.org/index.html>