

# Mental health help and support

## If someone is in immediate danger or at risk of harm:

If it's an emergency and your teammate or someone else is in danger of harm, **call 999 or go to A&E with them now**, you don't need to keep it confidential.

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## For urgent but non-emergency support:

The NHS provides free advice for people who need urgent help – **call 111** and select the mental health option.

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## Mental health support in music:

- Music Minds Matter  
[musicmindsmatter.org.uk](https://musicmindsmatter.org.uk) | 0808 802 8008 | 24/7
- British Association for Performing Arts Medicine (BAPAM)  
[bapam.org.uk](https://bapam.org.uk) | 020 8167 4775
- Music Support  
[musicsupport.org](https://musicsupport.org) | 020 8167 4775 | Monday-Friday, 9am-5pm, (except for bank holidays)

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## General mental health support

- Mind Infoline  
0300 123 3393 | Monday-Friday, 9am-6pm (except for bank holidays)
- Mind Support Line  
0300 102 1234 | Monday-Friday, 9am-6pm (except for bank holidays)
- CALM  
0800 58 58 58 | 365 days a year, 5pm-midnight