

# Sometimes it all gets too much...

The *Support Act Wellbeing Helpline* is a free, confidential counselling service that is available to anyone working in Australian music who needs to talk to someone about any aspect of their wellbeing.

**SUPPORTACT**  
**WELLBEING**  
**HELPLINE**  
**1800 959 500**

The heart & hand of Australian music

**FREE • 24/7**  
**CONFIDENTIAL**

THE SUPPORT ACT WELLBEING HELPLINE IS MADE POSSIBLE WITH THE SUPPORT OF:

*Alberts*

**Levi's**

AccessEAP 

## Sometimes it all gets too much...

There has been a lot of discussion over recent years about the impact that mental health is having on music artists and music workers.

This has been prompted in part by a number of high-profile suicides, but there has also been anecdotal evidence from artists and music workers, managers, their friends and families about the disruption and devastation that mental health issues can have on careers, relationships and home life, and overall health and wellbeing.

The Support Act Wellbeing Helpline is a free, confidential counselling service that is available to anyone working in Australian music (all genres) who needs to talk to someone about any aspect of their wellbeing.

It is delivered in partnership with AccessEAP, and is staffed by professional counsellors who offer expertise in all areas related to mental health (depression, anxiety, addiction, suicidal feelings) as well as issues which can be mental health related (such as loneliness, relationship breakdown, financial worries, illness and workplace conflict).

The service is accessible 24 hours a day, 365 days per year by calling 1800 959 500 within Australia.

**If you have patients who work in the Music Industry, please let them know about the Support Act Wellbeing Helpline.**

**The Support Act Wellbeing Helpline provides an opportunity for artists and music workers to discuss their problems in a supportive, confidential and non-judgmental environment with people who understand the challenges of life in the music industry.**

Support Act is Australia's only charity delivering crisis relief services to music artists and music workers facing hardship due to financial stress, illness, injury, or mental health problems. A registered DGR, it was established in 1997 with support from its founding members APRA (Australasian Performing Rights Association), AMCOS (Australasian Mechanical Copyright Owners Society), ARIA (Australian Recording Industry Association) and PPCA (Phonographic Performance Company of Australia).

AccessEAP is a leading not-for-profit Employee Assistance Program provider with close to 30 years' experience in mental health and workplace wellbeing.

