



**TONIC
MUSIC**

INFORMATION

INTRODUCTION

Tonic Music was founded in 2012 upon the belief that participation in music is good for mental health. Originally based in Portsmouth, we have since developed from a local non-profit into a registered charity operating nationally, through the provision of online and in-person services.

From initial work raising awareness, we now champion action. This is achieved by providing two programmes of mental health support, to ensure people continue to professionally and recreationally engage in music.

These programmes are facilitated by qualified mental practitioners, each with significant experience working in music. All of the mental health support is provided in-house by the Tonic Music team - no services on the programmes are outsourced to external organisations.

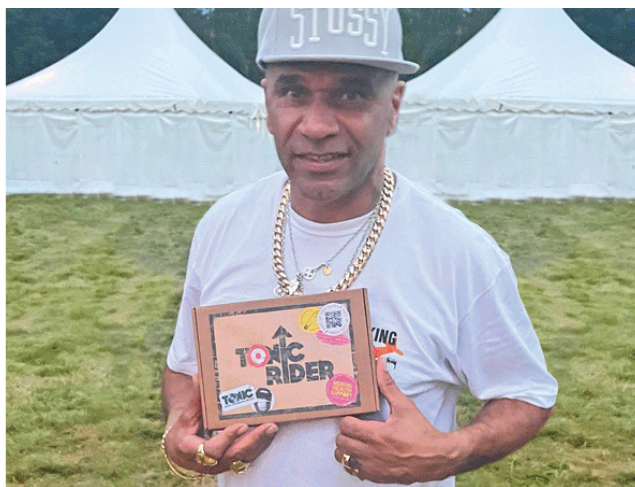
Within the programmes, we provide four levels of mental health support:

Therapy Sessions

Peer Groups

Skills Workshops

Training Courses



Music Industry (Tonic Rider)

Mental health support for working musicians and people working in music, including instrumentalists, vocalists, DJs, songwriters, composers, producers, teachers, roadies, agents, managers, promoters, venue operators, festival organisers, record store staff and personnel at various music organisations.

Under the programme, we also provide two bespoke projects:

- **Futures**
Mental health support exclusively for 18 to 25 year olds who work and/or study in music.
- **Agents x Managers**
Mental health support exclusively for music agents and music managers.

Music Fans (Never Mind The Stigma)

Mental health support for music fans and hobbyist musicians: including gig goers, festival revellers, record collectors, amateur music makers, event volunteers and alternative subcultures.

By operating these programmes, Tonic Music is proud to be the only national charity providing tailored mental health support to both the professional and recreational side of music. The programmes are open to anyone who is aged 18 years or older, resides in the UK and registered with a GP. Eligibility for the music industry support is based upon whether someone works in music (either full-time or part-time), as opposed to percentage of earnings from music - prioritising identity over income.

Consultations

Every participant upon registering onto the programmes is provided with a 1-to-1 consultation appointment prior to attending, as a safeguarding measure to identify any risks/concerns and additional/unmet needs. These are facilitated by a member of the Tonic Music mental health team. Potential outcomes of the consultation appointment, include booking onto the programme or referral to other services (including NHS).

The programmes are facilitated online to ensure accessibility via any location with access to the internet - including at home and work. Most of the mental health support is non-fee paying, although due to demand, free therapy sessions and training courses are only available to participants who are in receipt of low incomes, due to demand.

Resources

Each programme also has affiliated mental health resources in the form of zines, posters and other assets, which we supply music venues, studios and retailers across the UK. Mental health zines are available online and at music events, These zines cover 16 topics including stress, anxiety, depression, substance use and suicide prevention, with versions bespoke to the music industry and music fans.

In addition, the 'Need a Tonic' campaign supplies live music spaces with posters featuring a QR code to the Tonic Supportal, offering tailored mental health guides accessibility via a mobile phone. There are three types of posters supplied within each set providing resources for artists and crew (backstage), music fans (front-of-house) and venue staff (team room).

Over the next year, Tonic Music will also be exploring the development of a Tonic 'Supportal' app, offering a free mental health platform tailored for the music industry and music fans.



Outreach

Alongside this, Tonic Music also provides mental health stands and lounges, both front-of-house and backstage, at gigs, festivals and other music events across the UK. Both mental health lounges are offered as a step before welfare, as a preventative approach to people either working or attending a music event, seeking urgent support.

The mental health stands and lounges are staffed by qualified mental health professionals within a setting inspired by music subcultures, as opposed to a clinical presentation. Outside of the programmes, Tonic Music also provides Tonic Talks to music-related organisations, including specially curated skills workshops and training courses, facilitated in lecture and seminar formats.

Over the past few years, Tonic Talks have been provided to music colleges, youth projects, membership bodies, event teams and record labels.



SERVICES

THERAPY SESSIONS

1-to-1 Therapy

12 x 50 minute weekly sessions supporting participants 1-to-1 with a qualified psychotherapist / counsellor who is significantly experienced working in music.

Group Therapy

12 x 90-minute weekly group supporting participants with two qualified psychotherapists / counsellors who are significantly experienced working in music.

PEER GROUPS (12 SPACES)

Peer Support Group

Weekly group supporting participants within a safe space to share their experiences of mental health with peers.

Healthy Thinking Series

6 x 90-minute group supporting participants with skills based sessions across different therapeutic modalities, including mindfulness and cognitive behavioural therapy.

Album Club

Weekly group supporting participants to listen, reflect upon and share thoughts of selected albums each session, in relation to their mental health.



SKILLS WORKSHOP (20 SPACES)

Intro to Mental Health

2-hour workshop teaching participants about common mental health difficulties, with guidance on occupational stress impacts these.

Understanding Wellbeing

2-hour workshop teaching participants about the relationship between physical, mental and social wellbeing when working in music.

Substance Use Awareness

2-hour workshop teaching participants about substance use, harm reduction and the pressures contributing to substance related problems within music work.

Music Performance Anxiety

2-hour workshop teaching participants how to identify and manage the effects of anxieties related to performing live at a show, rehearsal or audition.

Emotional Resilience

2-hour workshop teaching participants practical ways to build and develop emotional resilience, including grounding techniques.

ACT Skills

2-hour workshop teaching participants the principles of Acceptance Commitment Therapy, including perspectives on how we perceive and respond to our internal world.

Navigating Identity

2-hour workshop teaching participants about the relationship between working in music and identity, including how this impacts upon mental health.

Managing Neurodiversity

2-hour workshop teaching participants essential skills on how to manage living with neurodiversity within music contexts.

Festival Survival

2-hour workshops teaching participants how to maintain good mental health when attending music festivals.

Gig Anxiety

2-hour workshop teaching participants different techniques to help address anxieties related to attending gigs and concerts.

Music for Mental Health

2-hour workshop teaching participants grounding techniques and self-soothing exercises, which use music to improve mental health.

TRAINING COURSES (16 SPACES)

Mental Health First Aid

Two-day course teaching participants how to identify, understand and help someone who may be experiencing a mental health issue (MHFA England accredited).

Suicide First Aid Lite

Half-day course teaching participants in the theory and practice of suicide intervention skills (Suicide First Aid UK accredited).



THANK YOU

www.tonicmusic.co.uk

      @tonicmusicmh

Tonic Music for Mental Health is a charity registered in England and Wales (1189913) and a company limited by guarantee (08093898).