



# Support for Musicians Signposting and Resources

## British Association for Performing Arts Medicine ([BAPAM](https://www.bapam.org.uk))

[www.bapam.org.uk](https://www.bapam.org.uk)

BAPAM is the largest provider of Performing Arts Medicine in the UK with coverage across the four nations. BAPAM delivers expert health and wellbeing services for those working in the performing arts, including free clinical assessments and support for people with health problems affecting their performing arts practice, peer support and training. Its website includes a variety of factsheets, resources and signposting to other sources of support and advice.

## Help Musicians

[www.helpmusicians.org.uk](https://www.helpmusicians.org.uk)

Help Musicians is a charity for professional musicians of all genres, both in work and in retirement. It provides support with career development, physical and mental health, welfare, bullying and harassment, both in times of crisis, but also at times of opportunity, giving people the support they need at the crucial stages that could make or break their career.

## Music Minds Matter

[www.musicmindsmatter.org.uk](https://www.musicmindsmatter.org.uk)

Music Minds Matter offers free, 24/7 professional counselling support advice, information and, where appropriate, signposting to other specialist services and offer debt or legal advice.

## Music Support

[www.music-support.org](https://www.music-support.org)

Music Support provides help and support to peers who work in music and live events affected by mental ill-health and/or addiction and to promote early intervention through support services, education and workshops.

## Film and TV Charity Support Line

[filmtvcharity.org.uk](https://filmtvcharity.org.uk)

Available to everyone working behind the scenes in film, TV, and cinema – from Make-Up Artists to VFX teams, Production Managers and Casting Agents and those



Freelancing on a project, through to office workers in sales, finance, marketing or distribution, The Film and TV Charity offers counselling, legal and financial advice and support for issues including:

- Depression and anxiety
- Debt and money worries
- Bullying and harassment
- Career development

## Independent Society of Musicians (ISM)

[www.ism.org](http://www.ism.org)

The Independent Society of Musicians (ISM) is the UK's largest representative non-union body for musicians and a nationally recognised association for music. They offer members a range of resources including career development, training and health and wellbeing support including telephone counselling and face-to-face counselling available free of charge.

## Musicians Union

[www.musiciansunion.org.uk](http://www.musiciansunion.org.uk)

Musicians' Union is the UK trade union for all musicians representing over 33,000 musicians across the UK working in all sectors of the music business. As well as negotiating on behalf of members with all the major employers in the industry, we offer a range of support services for musicians.

## Musician Union Recommended Rates of Pay

<https://musiciansunion.org.uk/working-performing/gigs-and-live-performances/live-engagement-rates-of-pay/national-gig-rates>

The Musicians' Union helps to set appropriate rates of pay across all areas of musicians' work, from session musicians and live performances to teaching rates. We also negotiate collective bargaining agreements with a wide range of employers to ensure that our members are properly treated and paid.