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Mental Health and Music Factsheet

People with experience of mental illness often have a special relationship with music, as the five men and women featured in Community Channel's Mad for Music films – Heather, James, Christopher, Helen and Wayne - confirm. As an instinctive, universal experience that can express the heights and depths of our feelings, music can be a comfort and a very real helpmate on the road to recovery.

The Mad for Music films were first broadcast on Channel Five and Community Channel in October 2007. They were made by Media Trust Productions and were funded by the Arts Council and five.

THE STORIES AND SONGS

These five short films look at the profound impact of a chosen piece of music on an individual's mental ill health.

Heather has chosen **Talk** by Coldplay. She says "Talk sums up how you feel when you have to suffer in silence." As a teenager, Heather struggled with Obsessive Compulsive Disorder (OCD). An obsession with numbers led her to count calories and constantly monitor her weight until she was admitted to hospital with a diagnosis of anorexia nervosa. Now 22 and in recovery, she believes the 'main purpose in life is to talk and communicate'.

James has chosen **Wish You Were Here** by Pink Floyd. While at university, James had a psychotic episode and was diagnosed with schizophrenia. This song reminds him of his time in a psychiatric hospital and how his family wished he were at home with them. The lyrics 'We're just two lost souls swimming in a fish bowl' confirms James's view that everyone is in some sense 'lost' in the world. James is now in recovery and soon he hopes to set up his own band.

Thank You for the Days by Kirsty MacColl means everything to **Helen**. "For me, the song is a hymn of thanks for everything my daughter has given me." Helen was prescribed antidepressants and, on the day she took them, started to hallucinate. She took an overdose and ended up in hospital, where she was diagnosed with severe depression with psychotic symptoms. Kirsty MacColl's version of the bittersweet song acts as a coping mechanism for Helen by reminding her that she has this 'amazing, fantastic, incredible child'. Eight years on, Helen says she can now 'manage all her symptoms'.

Christopher has chosen **Stand By Me** by Ben E. King "I sing to live, and our group stands by me," he says. Born with partial sight, in 1997 Christopher had a severe attack of glaucoma, which left him blind and unable to continue his career as a piano tuner. He spiralled into severe depression and was temporarily hospitalised, unable to access feelings of joy or sadness. Chris rediscovered the Ben E. King song when he joined Sing Your Heart Out, a choir for people with experience of mental health problems. He believes singing is a 'miracle' that is helping him out of his depression.

Wayne has chosen **Fever** by Ronnie Laws. Wayne met the most significant person in his life - Paulette - in the 1970s at a Liverpool jazz funk club. But after several years of happiness together, Paulette died suddenly from a brain aneurism. Wayne left his work and his home and became heavily dependant on hard drugs. Eventually, he attempted suicide. A mutual friend had given Wayne and Paulette Ronnie Laws' version of Fever in the early days of their relationship. It reminds him of the good times he had with Paulette and has helped him gradually come to terms with his loss.

MUSIC THERAPY

Music has been recognised as a powerful therapeutic tool since the Second World War. Many returning US veterans described how music had helped their recovery, and so hospitals started to employ musicians as part of their clinical teams.

In the UK, **Paul Nordoff** and **Clive Robbins** pioneered the use of music-making to enhance communication and enable people to live more productive and creative lives.

Music therapy is based on the belief that everyone can respond to music. Even people who are profoundly troubled or isolated can express their internal experiences through music and thereby improve their self-esteem. (see *Organisations* below)

Organisations

Mental Health – and Music

NORDOFF-ROBBINS MUSIC THERAPY

Nordoff-Robbins has pioneered the use of music to relieve and minimise a wide range of problems. As well as conducting research, it provides therapy sessions throughout the UK.

Tel: 020 7267 4496

Website: www.nordoff-robbins.org.uk

BRITISH SOCIETY FOR MUSIC THERAPY

The BSMT was founded in 1958 to promote the use and development of music therapy. It is a centre of information and dissemination on services, training, bibliography and research.

Tel. 020 8441 6226

Email: info@bsmt.org

Website: www.bsmt.org

ASSOCIATION OF PROFESSIONAL MUSIC THERAPISTS

The professional body of music therapists, it aims to uphold clinical standards and provide information and support to its members.

Tel: 020 8440 4153

Email: apmtoffice@aol.com

Website: www.apmt.org

MUSIC IN HOSPITALS

Music in Hospitals is a registered charity, whose mission is to improve the quality of life of adults and children with all kinds of illness and disability through the joy and therapeutic benefits of live music in hospitals.

Tel: 01932 252 809

Email: info@music-in-hospitals.org.uk

Website: www.music-in-hospitals.org.uk

SOUND SENSE

Supports organisations and individuals who help people make music in their communities through leading music workshops and teaching.

Tel: 01449 673 990

Email: info@soundsense.org

Website: www.soundsense.org

HAMPSHIRE MUSIC SPACE

Hampshire Music Space is a community-based music therapy service, responding to the growing demand for music therapy in clients from pre-school to old age.

Email: hampshire@musicSPACE.org

Website: www.hampshire-musicSPACE.hampshire.org.uk

HEARTS AND VOICES

The Hearts and Voices Community Choir is for anyone who enjoys singing, and where experience and ability are irrelevant! Singing music from Eastern Europe to Africa to pop and jazz. The choir has around three concerts a year.

Email: chrissy@heartsandvoices.co.uk

Website: www.heartsandvoices.co.uk

SING YOUR HEART OUT

Singing workshops for past and present users of Norfolk mental health services, designed to get people together to enjoy themselves and to gain the known benefits to mental health from singing.

Website: www.syho.org

LIFECRAFT SINGERS

A free weekly singing group held in Cambridge at Lifecraft, a self-help group for those with mental health issues.

Tel: 07773 862 982

Website: www.lifecraft.org.uk/singers

SOUND MINDS

A South London social enterprise that uses the arts to improve the lives of people under the care of community mental health teams. It includes sessions in music technology, production and recording, visual arts, movie making, drama, and poetry.

Tel: 020 7207 1786

Email: staff@soundminds.co.uk

Website: <http://www.soundminds.co.uk/>

COREARTS

A London-based charity that promotes the artistic and creative abilities of people who experience severe and enduring mental health problems.

Tel: 020 8533 3500

Email: mail@corearts.co.uk

Website: <http://www.corearts.co.uk/>

CREATIVE ROUTES

A London-based interdisciplinary arts charity. It celebrates and promotes the unique creativity of mad people, promoting mental well-being, and creatively campaigning against discrimination through events such as the acclaimed annual BonkersFest!.

Tel. 0207 358 3138

Email: info@creative-routes.org

Websites: <http://www.creative-routes.org> and <http://www.bonkersfest.com/>

NATIONAL VOICE PRACTITIONERS NETWORK

A practitioners' organisation based on the principle that singing is everyone's birthright, and that opportunities should be available for anyone to sing regardless of musical experience and ability. The website includes contact details for choirs and singing workshops throughout the country.

Tel: 01923 444 440

Email: admin@naturalvoice.net

Website: www.naturalvoice.net

Mental Health - General

MIND

MIND campaigns for improved public education and better services for people with mental health problems. The MindInfoline offers confidential advice and links to networks and local groups.

Infoline: 0845 766 0163

Email: info@mind.org.uk

Website: www.mind.org.uk

MENTAL HEALTH FOUNDATION

The Foundation provides information, carries out research, campaigns and works to improve services for anyone affected by mental health problems.

Tel: 020 7803 1100

Email: mhf@mhf.org.uk

Website: www.mentalhealth.org.uk

SANE

SANE campaigns to raise awareness of mental health issues, funds research into the causes of severe mental illness and provides information and support to people with mental health problems, their carers and families.

Tel. Saneline: 0845 767 8000 (1pm-11pm daily)

Website: www.sane.org.uk

RETHINK

A membership and campaigning organisation for people with severe mental illness including schizophrenia, Rethink aims to provide hope and empowerment through services, information and support.

General enquires: 0845 456 0455

National advice service: 020 8974 6814 (open 10am to 3pm Monday, Wednesday & Friday; 10am to 1pm Tuesday & Thursday)

Email: info@rethink.org

Website: www.rethink.org

SAINSBURY CENTRE FOR MENTAL HEALTH

The Centre works to improve the quality of life for people with mental health problems by influencing policy and practice in mental health and related services.

Tel: 020 7827 8300

Email: contact@scmh.org.uk

Website: www.scmh.org.uk

SHIFT

Shift works in England to combat stigma in those areas where people with mental illness say they experience most discrimination. It works particularly with young people, public services, employers and the media.

Tel: 0845 223 5447

Email: shift@csip.org.uk

Website: www.shift.org.uk

NATIONAL BME MENTAL HEALTH NETWORK

The National BME Mental Health Network works as part of the Afiya Trust and works to reduce inequality and promote good mental health practice for black and ethnic minority groups

Tel: 020 782 0400

Website: www.afiyatrust.org

TOGETHER

Supports people with mental health needs to get what they want from life and to feel happier, by providing a wide range of services across the country, campaigning, doing research and educating local communities about their own mental health needs.

Tel: 020 7780 7370

Email: contactus@together-uk.org

Website: www.together-uk.org

Mental Health – Specialist

MDF BIPOLAR ORGANISATION

MDF is a user-led charity working to enable people affected by bipolar disorder (manic depression) to take control of their lives. It supports self-help projects, provides information services and works to improve available services.

Tel: 08456 340 540

Email: mdf@mdf.org.uk

Website: www.mdf.org.uk

OCD ACTION

National charity that provides information and support for people affected by obsessive compulsive and related disorders

Help and information line: 0845 390 6232

Email: info@ocdaction.org.uk

Website: www.ocdaction.org.uk

BEAT

The UK's leading eating disorder charity provides help and support for people with eating disorders and campaigns to challenge the stigma they face.

Helpline: 08456 341414

Email: help@b-eat.co.uk

Website: www.b-eat.co.uk

NATIONAL PHOBICS SOCIETY

A user-led organisation run by sufferers and ex-sufferers of anxiety disorders, providing information, support and understanding via an extensive range of services, including one-to-one therapy services.

Tel: 0870 122 2325

Email: info@phobics-society.org.uk

Website: www.phobics-society.org.uk

DRUGSCOPE

Drugscope provides quality drug information, promotes effective responses to drug taking, undertakes research at local, national and international levels, advises on policy-making, encourages informed debate and speaks for member organisations working on the ground.

Infoline: 0870 774 3682

Email: info@drugscope.org.uk

Website: www.drugscope.org.uk

CRUSE BEREAVEMENT CARE

Cruse promotes the well-being of people who have been bereaved by death, helping them understand their grief and cope with their loss.

Helpline: 0844 477 9400

Email: info@cruse.org.uk

Website: www.cruse.org.uk

DEPRESSION ALLIANCE

Depression Alliance work to help and relieve people with depression by providing information and support services via publications, supporter services and network of self-help groups.

Helpline: 0845 123 2320

Tel: 029 2069 2891

Website: www.depressionalliance.org / www.dacyrmu.ik.com

Community Channel

Community Channel is a not-for-profit, free to air television channel in the UK launched in September 2000. Owned by the Media Trust, a registered charity, its remit is to give a voice to community groups, charities of all sizes and not-for-profit organizations through using news, current affairs, documentaries and lifestyle programming.

Web: <http://www.communitychannel.org/>

Tel: 08708 505500

Email: info@communitychannel.org

Community Channel is not responsible for the content of other sites listed.

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