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
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
**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

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**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.