

# Patient Information Sheet: Mental Health Support for Musicians and the Music Minds Matter Scheme

**Mental health is complex, and mental ill-health varies from performance anxiety, generalised anxiety and depression to more complex, enduring or acute conditions. There is no “one size fits all” solution.**

## Therapy for Musicians at BAPAM

BAPAM provides mental health and psychotherapeutic support to eligible musicians, with funding from Help Musicians under the **Music Minds Matter** initiative.

All those working within the performing arts industry can get free, specialist health advice in BAPAM clinics and may also be eligible for financial support towards ongoing treatment from the organisations listed in our [Financial-and-Practical-Support](#) factsheet.

Actors and creative practitioners who are Equity members may be able to get mental health support via the Equity Counselling scheme, which offers up to 6 funded sessions of therapy.

## Accessing Support: First Point of Contact

**The Monday-Friday BAPAM Helpline number is: 020 8167 4775. We are open from 9am to 5pm.**

This helpline is open to all those working in the performing arts with a health problem relating to their occupation. If you contact us with a mental health need, our dedicated BAPAM Helpline team will take some basic contact information as well as a summary of the query. You won't be asked to go into detail about your mental health difficulties during this phone call, but it will be helpful for the phone assessors if you are able to offer some basic information at this point.

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For example, we will need to know the type of problem you require help with and whether you're being supported in the community by other mental health professionals such as your GP and/or a community mental health team. Your details will be logged on our secure, confidential database and you will be booked in for the next available clinical assessment.

## **The 24/7 Music Minds Matter Helpline number is: 0808 802 8008.**

The Music Minds Matter Helpline offers musicians and anyone working within the music industry an 'in the moment, listening ear' service provided by BACP accredited Counsellors. If it is felt that a referral to BAPAM, for further assessment and/or ongoing therapy would be helpful, notes of your initial telephone consultation with the Counsellor, and reason for the referral to BAPAM, will be sent via secure, encrypted email to the BAPAM mental health inbox which is checked Monday-Friday by our helpline administrators.

**Whether you first contact BAPAM directly, or come to us through the Music Minds Matter Helpline, once we record and/or receive information about your need for mental health support, you will be booked in for a free clinical assessment with one of our BAPAM assessors.**

Once registered and booked in for a clinical assessment, you will be sent an email which will include a link to our mental health in a crisis factsheet. We will also send you two questionnaires – a 'personal health questionnaire' (PHQ) and a GAD (Generalised Anxiety Disorder). We request that the PHQ and GAD questionnaires are completed prior to your assessment, but if that is not possible, the questionnaires can be incorporated into the clinical assessment.

## **What Can I Expect from the Clinical Assessment?**

Your clinical assessment for the Music Minds Matter scheme will be conducted by either a Psychologist, a GP with a special interest in mental health, or the BAPAM Clinical Mental Health Lead. These professionals all have specialist experience in mental health and working with musicians. Your assessment will last up to an hour. You will be asked some questions about your career and background, and to go into more depth about the nature and history of your mental health difficulties, and the kind of support you think would be most helpful for you. The more information we can establish, the easier it will be for our clinical assessors to make a recommendation for the type of support you would benefit from going forwards.

Often, the recommended support will be an allocated number of sessions with a BAPAM Counsellor or Psychotherapist, but sometimes, our assessors may feel that you need more structured, ongoing support via the NHS. If you are already known to a mental health team, we will need to make contact with them to ensure that any work that you do with BAPAM would not conflict with your existing NHS support.

During your clinical assessment, the assessor will go through your PHQ and GAD scores with you, and likely ask more information about your current levels of depression and/or anxiety.

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All of the information you provide us will be confidential and is not shared with third parties without your knowledge or consent. **The only exception to this** is healthcare professionals in the community such as your GP / NHS, as it is important that we all work together to provide you the best possible care.

## What Happens After my Clinical Assessment?

Following your assessment, a form will be completed by the clinical assessor, which will include recommendations for your ongoing treatment. A copy of the form will be shared with you, so you can have access to the notes that were documented during your assessment. BAPAM will then need to wait for Help Musicians to approve funding for your therapy/ongoing treatment. We will contact you as soon as we have this information and introduce you to a therapist from our BAPAM directory whom we feel would best fit your needs.

## Being Matched With a Therapist

We understand the importance of building and maintaining a rapport with a therapist, so we will always be open to having a dialogue if you feel that you haven't managed to click with the therapist with whom you have been matched the first time around.

A clinical assessor will usually make a recommendation for 6- 12 sessions of funded therapy. If, after those initial sessions, your therapist thinks you would benefit from further psychotherapeutic input, they will let us know and we will arrange a review assessment for you.

The purpose of the review assessment will be to establish how you feel the therapy sessions have been going, and how you think ongoing sessions would benefit you. You will also be asked to repeat the PHQ and GAD questionnaires, as it is helpful to get a sense of whether there have been any changes to your levels of anxiety and/or depression since commencing therapy.

## Funding for a Therapist you are Already Seeing

If you already have a therapist with whom you've established a good rapport and wish to keep seeing, we will still book you in for an assessment and make a recommendation for up to 12 sessions of funded therapy, so you can continue to see your current therapist.

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## Important Information about the Remit of BAPAM and the Music Minds Matter Scheme

BAPAM does not provide emergency or urgent-care medical services, prescriptions for medication, or specialist advice for specific conditions such as eating disorders or alcohol and substance abuse. For this reason, only patients who consent to BAPAM writing to their NHS GP (or mental health team if appropriate) following their clinical assessment can receive support via the Music Minds Matter scheme.

In any situations where your relationship with your NHS GP has broken down, you can still receive support but you must agree to work with BAPAM staff to reconnect with the NHS, changing GPs if necessary.

If you have long-term or complex mental health needs, you may require specialist multidisciplinary care that is generally only available in the NHS. If this is the case, the BAPAM Clinical Mental Health Lead will need to contact your NHS GP and/or local Mental Health Trust to enable a coordinated approach to ongoing care.

In situations of urgency or high risk, BAPAM refers to crisis/first response or emergency services as needed.

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