Resources & Support for Independent Musicians

MusiCares
Mental health support, financial assistance, recovery programs, and emergency aid for music professionals
https://www.musicares.org/get-help

Backline
Therapy referrals, support groups, and wellness resources built specifically for the music industry
https://backline.care

SIMS Foundation
Mental health and substance-use support for musicians and their families
https://simsfoundation.org

Sweet Relief Musicians Fund
Financial assistance for musicians facing illness, disability, or crisis
https://www.sweetrelief.org

Music Health Alliance
Healthcare access, insurance navigation, and medical advocacy for music professionals
https://www.musichealthalliance.com

To Write Love on Her Arms
Crisis support and tools to find local mental health help worldwide
https://twloha.com/find-help

Immediate Crisis Support (U.S.)
Call or text 988 — Suicide & Crisis Lifeline (24/7, free, confidential)
International Crisis Support
https://www.opencounseling.com/suicide-hotlines