

# backline



**THE MUSIC INDUSTRY'S MENTAL HEALTH & WELLNESS RESOURCE HUB**

[www.backline.care](http://www.backline.care)  
[hello@backline.care](mailto:hello@backline.care)

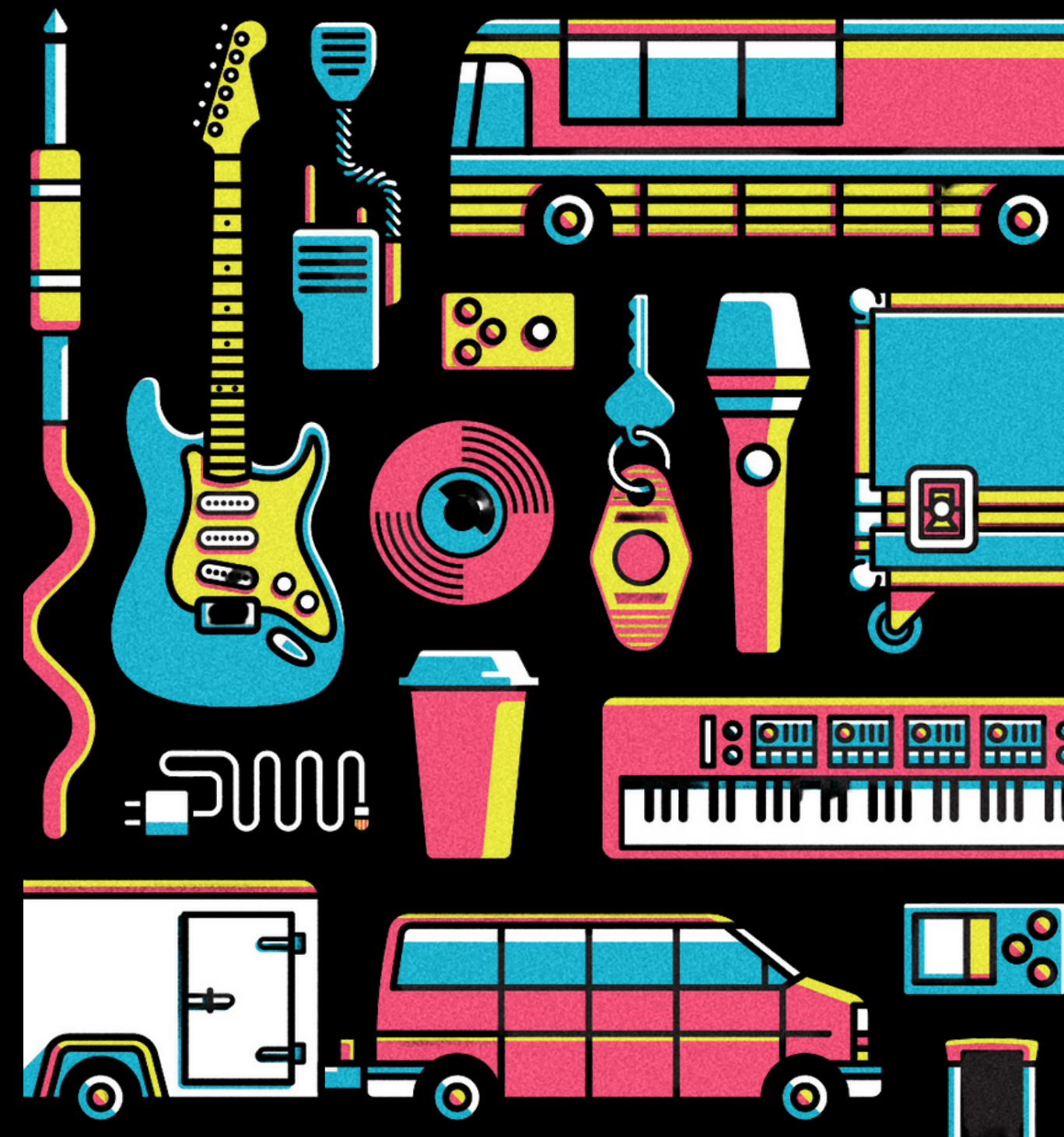
# BACKLINE IS AVAILABLE TO ALL WHO HAVE A HAND IN MAKING THE MUSIC HAPPEN

ARTISTS CREW MANAGERS AGENTS PROMOTERS LABELS VENUES FAMILY

Backline is a national 501(c)(3) that connects music industry professionals and their families with mental health & wellness resources.

We offer free Case Management, Support Groups, Workshops, and Wellness Resources to support individuals at any stage in their journey.

By partnering with leading support organizations and providers across the country, we streamline access to these critical services.



# PLEASE KEEP IN MIND THAT BACKLINE DOES NOT OPERATE AS CRISIS SUPPORT

Our Clinical Team is more than happy to assist in coordinating care as quickly as possible, but if someone comes to you in crisis, please direct them to:

Call 988, the National Suicide + Crisis Line

**OR**

Refer to [this list](#) of state and county crisis resources

# BACKLINE'S FREE PROGRAMS

## CASE MANAGEMENT

Private, 1:1 support to help navigate what mental health and wellness resources are right for you. Schedule a call and Backline's team of licensed professionals will compassionately assess your situation in order to develop an affordable plan of action that works for you.

## MUSIC'S MENTAL HEALTH FUND

A grant program launched by Backline and Sweet Relief Musician's Fund to subsidize the cost of mental health and wellness services for music industry professionals and their family members.

## SUPPORT GROUPS

A safe place to connect about what it means to work in the music industry and how it impacts you. Meetings take place in a private Zoom and are moderated by licensed therapists who understand the specific challenges working in the industry brings.

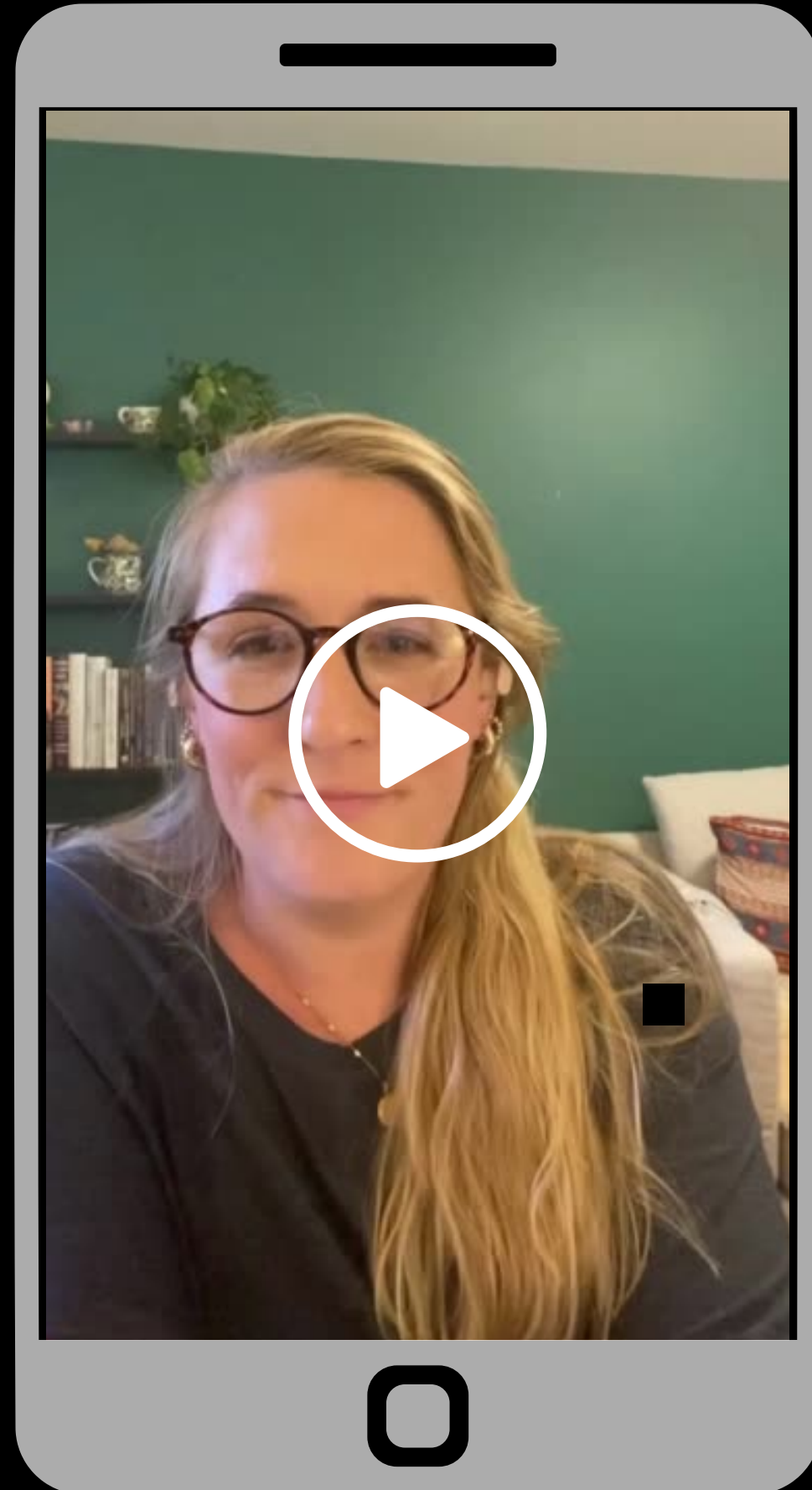
## TOUR HEALTH + WELLNESS WORKSHOPS

Monthly webinars where mental health and wellness experts and touring professionals provide tools to approach touring from a different perspective.

## WELLNESS

Free subscriptions and discounts on wellness products including nutrition, yoga, meditation, breathwork, mindfulness, & more.

# CASE MANAGEMENT



## HOW IT WORKS

- 1.** Fill out Backline's private online submission form  
**TAKES < 5 MIN**
- 2.** Instantly receive an email from Backline with a link to schedule an appointment with a Case Manager.  
**TAKES < 5 MIN**
- 3.** One-on-one call with a Case Manager to talk through what you need help with.  
**TAKES 30 MIN**
- 4.** Receive a list of resources tailored to your needs. Backline checks with all clinical referrals (ie: therapists) to be sure they're accepting new clients & either take your insurance or accept what you can pay. Resource list also includes information on financial assistance.  
**Reach out and begin your mental health journey!**

RECEIVE A CARE PLAN IN 1 WEEK (OR LESS) FROM YOUR CALL

# CASE MANAGEMENT

## SAMPLE RESOURCE EMAIL

### **Backline-Vetted Therapists:**

## CLINICIANS THAT ACCEPT NEW CLIENTS AND YOUR INSURANCE

**Dr. X:** email, phone:

- Dr X is a Backline-partnering therapist who lives and works in Los Angeles, CA. She accepts Medicaid, but also has agreed to a lower-cost rate of \$75/session for Backline clients. She has years of clinical experience working with folks from the music industry.
- Dr. X has room in her practice and confirmed she would be happy to set up a consultation with you.

**Name Y, LCSW:** email, phone

-Y is a clinician from our network who specializes in working with artists and creatives; we have referred many clients to her and have only received positive feedback about their work. Y accepts your insurance plan, Aetna. She also confirmed she has some room available for new clients and would like to start with a phone consultation to see if she is the right fit for you.

I have reached out to a BIPOC therapist from our network in CA to see if he is taking new clients. I have not yet heard back, but I will also send over his information as soon as I get confirmation!

## RESOURCES TAILORED TO YOUR SPECIFIC NEEDS

**Black Mental Health Alliance:** BMHA is one of our partner organizations, and they will work with you specifically to connect you with a therapist of color within your community. You can use the hyperlink above to fill out the short form on their website, and someone will get back to you within 24 hours.

## EXPLANATION OF HOW TO USE THE RESOURCES

### **Partner Organization Resources:**

- **To Write Love On Her Arms** - TWLOHA is a partner of Backline, and they offer 24-hour crisis support and you can connect to local resources by putting in your zip code at the bottom of that page. I encourage you to reach out to them, if you are feeling as though you are in a crisis or experience suicidal ideation.

\*With any of these options, I suggest you reach out for a brief consult call with each clinician. This way you can get a feel for whether they feel like a good fit, what their background and specialties are, and discuss any pertinent logistics. And keep in mind, not every therapist is a good fit for everyone so it's always good to explore your options!

# CASE MANAGEMENT

## SAMPLE RESOURCE EMAIL

Recipients

Subject

**Insurance:** As an alternative option, here is some information about how to find a provider through your insurance. To check out what benefits you have, simply call the number on the back of your card that says "Behavioral Health Benefits," or something along those lines. If it doesn't say that, just call the information number and ask the representative to connect you with that department.

### EXPLANATION OF INSURANCE

- "In network" benefits will allow you to see any therapist that is contracted directly with your insurance provider for no fee or a co-pay
- "Out of network" benefits will allow you to see *any* therapist then provide a bill to the insurance company that they will reimburse you for. This is typically only a benefit of more expensive plans, but can help offset any out of pocket expenses.
- If you don't have that coverage, ask them to send you a list of "in network providers." They will then be able to provide you a list of every therapist they are contracted with in your area that accepts your insurance plan.

**Financial Assistance:** Musicares has funds available to help pay for services of all kinds, including therapy.

### FINANCIAL ASSISTANCE INFO

Musicares: <https://www.grammy.com/musicares/get-help>

## WHAT NOW?

Once you've received your list of referrals, it's up to you to reach out and schedule an appointment. It will be your responsibility to discuss payment of services with your provider.

Backline will maintain communication, checking in soon after delivery of resources to ensure they're working for you!

# CLINICAL NETWORK

## WHO ARE WE REFERRING YOU TO?

A robust network of mental health and wellness providers that are personally vetted by Backline's team. We have providers across all 50 states that are committed to the highest level of care for the music industry,

**532**

Vetted Mental  
Health Care  
Professionals

**144**

Wellness  
Practitioners

**39**

Partner  
Organizations

**BACKLINE OFFERS REFERRALS FOR MORE THAN JUST THERAPY**

**COUPLES COUNSELING, BAND MEDIATION, SUBSTANCE ABUSE RESOURCES**

and more!

# MUSIC'S MENTAL HEALTH FUND

IN PARTNERSHIP WITH



## HOW IT WORKS

**1.**

If there's a financial need your Case Manager will discuss Music's Mental Health Fund with you.

TAKES < 5 MIN

**2.**

Fill out an online application

TAKES < 10 MIN

**3.**

Backline reaches out to potential clinician matches confirming they will accept the funding plan.

TAKES 3-5 DAYS

**4.**

You will be connected to the clinicians, and funded treatment begins!

RECEIVE CONFIRMATION OF FINANCIAL AID 1 WEEK (OR LESS) FROM TIME OF APPLICATION

# SUPPORT GROUPS

**A SAFE PLACE TO TALK ABOUT WHAT IT REALLY MEANS TO WORK IN MUSIC**  
RUN BY LICENSED AND EXPERIENCED PROVIDERS

## THE GREEN ROOM

Backline's weekly open group, running since March 2020. Wednesdays at 3pm PT / 6pm ET

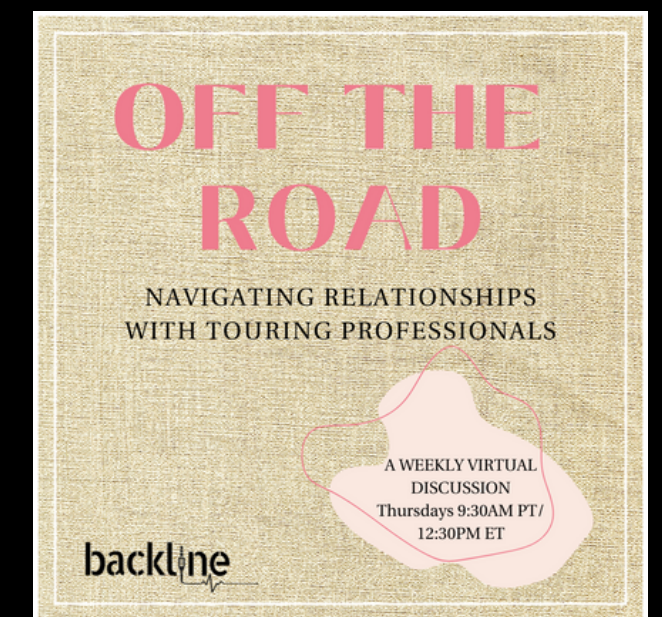
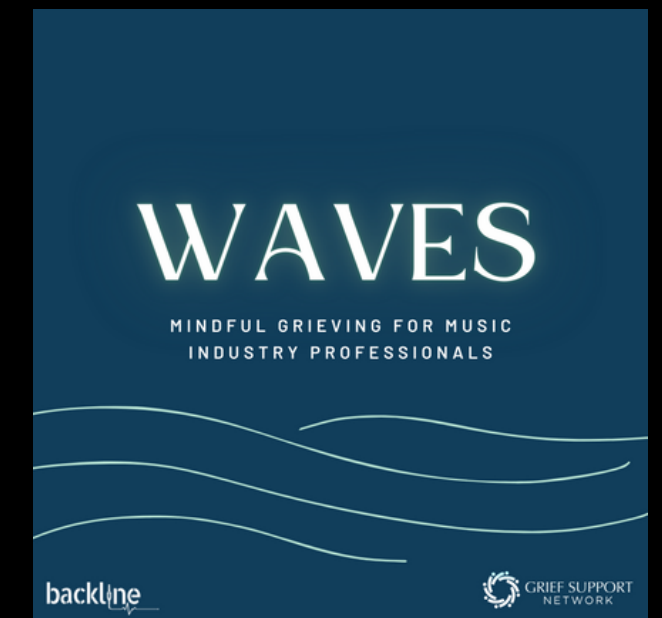
## WAVES: MINDFUL GRIEVING

In partnership with Grief Support Network.  
Tuesday's at 4:30pm PT / 7:30pm ET.

## OFF THE ROAD

The first community of it's kind. A group for partners of music industry professionals.  
Thursday's at 9:30am PT / 12:30pm ET

Zoom information [here](#). Add the groups to your calendar [here](#).



# SUPPORT GROUPS



JOIN CAMERA ON OR OFF

TALK AS MUCH OR AS LITTLE AS YOU'D LIKE

TALK THROUGH YOUR EMOTIONS AND GAIN CLARITY

LEARN FROM OTHER PEOPLE'S EXPERIENCES

GAIN HOPE & PERSPECTIVE

REDUCE STRESS, ANXIETY AND OVERWHELMING FEELINGS

GAIN A SENSE OF EMPOWERMENT AND CONTROL

BE A PART OF AN ENGAGING COMMUNITY

FREE!

# WELLNESS

Backline has partnered with health and wellness companies to provide free subscriptions, product discounts, and curated content so that the music industry can stay mentally fit—on and off the road.

## FOOD & NUTRITION



## MINDFULNESS



## YOGA & MEDITATION



**Request your wellness subscriptions and discounts [here](#).**


FOLLOW US ON SOCIAL MEDIA

@backline.care

IF YOU HAVE ANY QUESTIONS

Please email [hello@backline.care](mailto:hello@backline.care)

backline

The logo for 'backline' features the word in a white, lowercase, sans-serif font. The letter 'l' is replaced by a stylized white audio cable with a 3.5mm jack. From the bottom of the cable, a white line extends to the right, ending in a jagged pulse resembling an ECG or heartbeat.