



**We are Hummingbird.** The non-profit who makes mental health as important as physical health, through the power of music.

We are a community of music lovers who have united to spread awareness of mental health by using music as a platform to encourage people to open up and engage in conversation.

Born out of the loss of a close friend to suicide, we needed to see what we could do to help others avoid such heartbreak and help remove the stigma around mental health.

We are Hummingbird is a community who talk, share and find support around mental health under the umbrella of music, we are united by a love of music and a commitment to look after each other.

We knew that wanted to try and help stop this from happening to someone else, but we had no idea how to get there. If we were able to help just one person then our goal was complete – but that wouldn't mean our mission is complete.

# WHAT DO WE DO?



Each week we share one of our Hummingbird's playlists. A collection of 12 songs (a nod of respect to the 12 lives lost on average every day in the UK) that mean something personal to them, songs that may well have been the inspiration that helped them through a tough time. **Email us to find out more.**



The We are Hummingbird Sessions was introduced as an expansion of our playlists. We ask musicians to play us a song, with no fancy studio equipment. Just them, their phone and their talent. This is a chance for them to share the song that they either play when they need some time out or that they wrote to help them gain some space or perspective. **Email us to find out more.**



This is a series of live conversations with different people, delving into their thoughts, feelings and experiences around their industry and mental health. It's a great way for the audience to be able to interact with the host and guest. **Email us to find out more.**



We invite musicians to take over our social media to play an hours set for our audience. It's an elongated Hummingbird Session with the added bonus of the audience and the artist being able to interact and respond to questions. **Email us to find out more.**



Even though we are an organisation open to every gender, we understand that extra-attention is needed around the subject of males. We use 'menTELL' Monday to offer a platform for men to come forward and tell us their stories. **Email us to find out more.**

## FOLLOW US ON SOCIAL MEDIA

**FACEBOOK:** [wearehummingbirds](#)

**TWITTER:** [@WeHummingbird](#)

**INSTAGRAM:** [@wearehummingbird](#)

**YOUTUBE:** [We are Hummingbird](#)

VISIT: [WWW.WEAREHUMMINGBIRD.COM](http://WWW.WEAREHUMMINGBIRD.COM) EMAIL: [INFO@WEAREHUMMINGBIRD.COM](mailto:INFO@WEAREHUMMINGBIRD.COM)