

Mental Health

Breaking the Stigma **with Music**

We are Hummingbird is a community of music lovers who have united to spread awareness of mental health within the music industry and to support artists suffering worldwide with mental health issues.



WE ARE
HUMMINGBIRD®

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.

Our friend Matt was the light in the room, the man you wanted to see on night out and the guy you wanted to steal some time with to chat about anything and everything. Not only the funniest man in the room, he was the best singer, songwriter and guitarist in the land.

Music for us became a huge support tool and helped us grieve on the loss of our friend, but also facilitated us getting together, that's when the lightbulb lit up.

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.

OUR PLAYLISTS

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 everyday in the UK) that mean something personal to them, songs that may well have been the inspiration that helped them through a tough time.

VISIT:

WWW.WEAREHUMMINGBIRD.COM
FOR MORE INFORMATION AND TO
PURCHASE MERCHENDISE

FOLLOW US ON SOCIAL MEDIA

FACEBOOK: wearehummingbirds

TWITTER: @WEAREHUMMHEALTH

INSTAGRAM: @wearehummingbird

YOUTUBE: We are Hummingbird

WE ARE HUMMINGBIRD SESSIONS

The We are Hummingbird Sessions was introduced as an expansion of our playlists. We liked the idea of not only the artists giving you an insight into their 'minds' but also letting you see in.

We ask musicians to play us a song, with no fancy studio equipment, no PR or management team, 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. This is your chance to feel like you are sat with a friend as they open up and talk with their music .. we hope you like it.

Search for We are Hummingbird on YouTube channel for all the amazing moments we have captured ... We are all Hummingbirds.



www.wearehummingbird.com
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