

# HIGH NOTES - Haulix's Music/Recovery Podcast Debuts First Season

*Episodes feature chats with members of KoRn, Bad Wolves, The Used, Blue October & more.*

MINNEAPOLIS, MN, UNITED STATES, July 28, 2020 /EINPresswire.com/ -- [Haulix.com](https://Haulix.com), in partnership with Heartsupport and the Global Recovery Initiatives Foundation, has released HIGH NOTES, a podcast about addiction and recovery in the music industry. The full 8-episode first season debuts today on all podcast platforms. <https://linktr.ee/highnotes>

"We believe that it's time for the music industry to destigmatize addiction and mental health struggles," host and series creator James Shotwell says. "We've lost too many people in music whose struggles with addiction were either ignored or downplayed for the sake of not making others uncomfortable. Our goal with this series is to help people take the first steps toward leading better, healthier lives, by bringing those topics to light using examples from the musicians they listen to."

The first season of HIGH NOTES features exclusive, in-depth conversations with rock and alternative musicians in various stage of recovery. Guests include Brian "Head" Welch of KoRn, Tommy Vext of Bad Wolves, Bert McCracken of The Used, Anthony Green of Circa Survive, Haley Butters of Absinthe Father, Nick Martin of Sleeping With Sirens, Ronnie Winter of The Red Jumpsuit Apparatus, and Justin Furstenfeld of Blue October. Each episode delves into a different guest's journey to sobriety and the role the music business played in helping (or hurting) their recovery.

"The conversations we have on HIGH NOTES can be tough to hear at times," Shotwell adds, "but there is a lot of hope to be found as well. Our guests have overcome incredible odds to be where



Tommy Vext - Bad Wolves



Brian "Head" Welch of KoRn

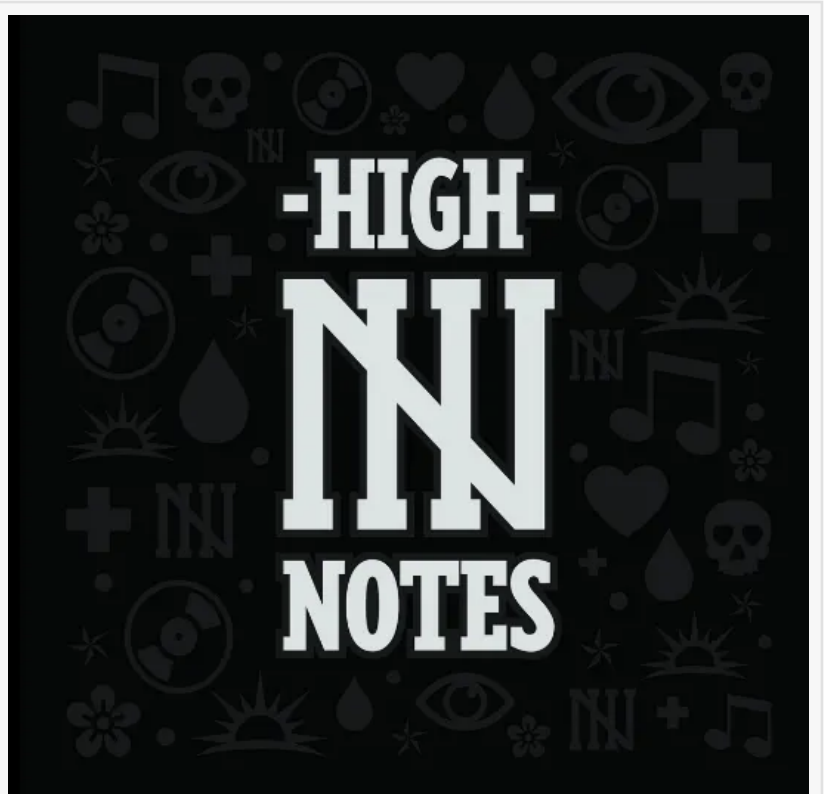
they are today, both as musicians and former addicts, and we hope listeners discover that they too possess the strength to make a positive change in their lives."

HIGH NOTES' entire first season is available starting today, July 28.  
<https://linktr.ee/highnotes>.

#### ABOUT HAULIX:

Haulix.com is the music industry's leading digital promotional distribution platform. Hundreds of record labels, publicists, and independent artists use Haulix every month to share their new and unreleased music with members of the media on the company's secure, customizable service.

High Notes Logo



#### ABOUT HEARTSUPPORT:

Late one night, Jake Luhrs sat outside the Chicago House of Blues Stories of addiction, depression, self-harm, heartache, war, fear, and hopelessness echoed in his mind. Every night, a fan would share a different story. Although Jake was the well-recognized frontman of August Burns Red, he was at a loss for how to help. He wasn't a mental health specialist and he screamed into a mic for a living. Not exactly the picture of expertise his fans needed. Deep in thought and prayer, all Jake knew was that something had to change. Every year we help men and women brave their wounds, find purpose, and discover healing. Our goal is to create a legacy of life-transformation, freeing them from suicide, addiction, abuse, and mental health issues while empowering them with the realization they are loved unconditionally and supported by a community that believes in them. We do this by creating a safe space where people can come as they are and explore healing and providing resources.

What we do: We provide a community space where people can find healing. One way we do this is through our support wall where people can share what they are going through and receive support and encouragement at [forum.heartsupport.com](http://forum.heartsupport.com). In addition we have self-help workbooks geared towards people who are struggling with self-harm and depression as well as an online anxiety course. Lastly, we stream on twitch 5 days a week to provide support and have dozens of YouTube videos with your favorite metal bands where guys like Ricky Motionless, Garrett Russell, and Matty Mullins open up about their experiences to remind you, you're never alone.

#### ABOUT THE GLOBAL RECOVERY INITIATIVES:

The Global Recovery Initiatives Foundation (GRI) is the first and only national community foundation dedicated to building a philanthropic source of funding for organizations to expand their capacity to provide people with SUD recovery support services.

GRI supports organizations using evidence-based programs that have demonstrated success in:

- Engagement of philanthropy leaders to invest in recovery focused non profit initiatives
- Reducing the stigma around substance use disorders, and recovery.
- Deploy public, private and pop culture resources to strengthen the field of recovery.

For more information visit: <https://globalrecoveryinitiatives.org/>

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