

London & Liverpool Joins the City of Memphis as a Safety Net for Musicians Worldwide

The Road to Memphis is the World's Largest Music-Based Mental Health Project

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[/EINPresswire.com/](https://EINPresswire.com/) -- The music industry has long been known for its glamour and success, but behind the scenes, many musicians and songwriters struggle with mental health issues. In an effort to address this, faith leaders and mental health charities across London and Liverpool have joined forces with Memphis, Tennessee to become a safety net for musicians and songwriters from around the world through [The Road to Memphis](#) (TRM) project.



Faiths leaders from UK at The Unity of Faiths Festival

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London and Liverpool have joined forces with the City of Memphis, Tennessee to become a safety net for musicians and songwriters around the world through this project”

Jai Sai Satish Talwar

UK Charity [TUFF \(The Unity of Faiths Foundation\)](#), the lead organisation behind this initiative, announced the partnership between these three cities. The project is a unique international song contest which has an ecosystem to provide free support and resources for musicians and songwriters who are struggling with mental health issues. This additional collaboration between different faith groups and mental health charities, highlights the importance of coming together to address a pressing issue in the music industry. TRM was launched earlier this year with a joint press conference simulcast from the Stax

Museum in Memphis and UK Parliament.

Recently, TUFF released the projects comprehensive impact report for 2023, showcasing the remarkable positive outcomes experienced by those participants who opted for free life coaching and psychological support - making a significant impact on the lives of aspiring

musicians.

The report also highlighted the success of this project, with participants reporting improved mental well-being and increased confidence in pursuing their musical careers. [The impact report](#) reveals that the provision of free life coaching and psychological support has had a significant positive impact on the participants. Many have reported a decrease in anxiety and stress levels, as well as an increase in self-esteem and motivation. This has allowed them to not only improve their musical skills but also to develop a more positive outlook on life. The report also showcases the success stories of some participants who have gone on to achieve great success in their musical careers. This year over 15,000 songs have been submitted from over 20 countries with under 2000 participants requesting free mental health sessions. The impact report, based on extensive research by fellows of The Royal Society of Arts (RSA) and participant feedback.

Jai Sai Satish Talwar, Trustee and Head of TUFF Strategy said, "The Road to Memphis" is already the world's largest music-based mental health project. Now, with the involvement of London, Liverpool, and Memphis, this partnership serves as a reminder that mental health is a global issue which takes the collective effort to address. The project will not only benefit musicians and songwriters, it will also have a positive impact on the music industry as a whole. The charity and its partners are excited to have brought UK faith & city leaders on this journey towards creating a safer, healthier environment for musicians and songwriters worldwide. "The Road to Memphis" is a step towards breaking the silence and providing much-needed support for those in the music industry. Together these three cities are paving the way for a brighter and healthier future for musicians and songwriters".

The Partners for this project include City of Memphis, Liverpool City Council, Liverpool City



TUFF Trustee Jai Sai Satish Talwar addressing City of Memphis leaders last month



The worlds largest music based mental health project

Region, City of London, Memphis Tourism, British Consulate Atlanta, House of Lords, The Cavern Club, Stax Records/Museum, Gigmit and TUFF (The Unity of Faiths Foundation).

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