With MUSIC THERAPY you CAN...
Music therapy supports communication, relationships, and psychological wellbeing through engagement in music

**Music therapy can:**

- Help keep connections alive – music is a channel for communication and engagement with others, helping maintain relationships with loved ones and carers.

- Helps you to look after your psychological wellbeing – helping you to share emotions and feelings with others without the needs for words.

- Enable self-expression and creativity – supporting you to engage your mind, enabling you to maintain skills and abilities

- Stimulate – playing music and singing can stimulate your brain and energises you, supporting both mental and physical health.

24 HOUR Dementia Helpline
Freephone: 0808 808 3000
Email: helpline@alzscot.org

To find a music therapist for yourself or someone you care for, please call 020 7837 6100, email info@bamt.org or search online
http://www.bamt.org/british-association-for-music-therapy-resources/find-a-therapist.html