

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](mailto:helpline@alzscot.org)**



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