

ORGANIZATIONS SUPPORTING THE MUSIC INDUSTRY

HEALTH ALLIANCE FOR AUSTIN MUSICIANS (HAAM) - Provides access to affordable healthcare for greater Austin's low income, working musicians, with a focus on prevention and wellness.

512.541.4226 (opt 2)

<https://www.myhaam.org/>

CENTRAL HEALTH - MAP by Central Health provides access to quality healthcare, including medications and dental care for eligible uninsured or unemployed residents of Travis County (not specifically music industry focused).

512.978.8130

<https://www.centralhealth.net/map/>

BACKLINE – Mental health referrals and wellness resources

For questions, email hello@backline.care

<https://backline.care/>

MUSICARES – Provides crisis relief, preventive care, recovery resources, and need-based financial assistance for people across all music professions.

800.687.4227

<https://musicares.org/get-help>

**** Anita Jung, a SIMS network provider, leads a weekly MusiCares Recovery Group every Thursday at 2 pm online!**

ECCHO Live – Offers counseling referrals and will pay for the first 4 sessions. Get started by filling out the form here: <https://www.touringcareerworkshop.com/all-access>.

<https://www.touringcareerworkshop.com/>

SWEET RELIEF MUSICIANS FUND - Provides financial assistance to all types of career musicians and music industry workers. 714.626.0447

<https://www.sweetrelief.org/>

MUSIC HEALTH ALLIANCE (MHA) - offers access to primary care services, dental care, and mental health counseling for insured individuals, as well as low-cost services for uninsured and low-income music industry professionals nationwide. MHA also offers counsel and access to financial help for prescription medication, medical supply resources, and financial assistance for qualifying individuals.

Get started by emailing info@musichealthalliance.com or submitting their online form here: [Request Assistance Application](#). <https://www.musichealthalliance.com/>

THE ROADIE CLINIC - supports the physical, mental, and emotional well-being of roadies and their families. 269.259.9098

<https://theroadieclinic.com/roadie-access/services/>

TIPS FOR OPEN ENROLLMENT - Open enrollment is the annual period when you can sign up for, renew, or make changes to your health insurance plan. For most marketplace health plans, open enrollment typically runs from **November 1 to January 15**, though deadlines can vary by state. It usually lasts about **6 to 8 weeks**, with coverage starting on January 1 if you enroll by mid-December.

This period is important because, outside of open enrollment, you can only get or change coverage if you qualify for a **Special**

Enrollment Period due to life events like losing coverage, getting married, or having a baby. Open enrollment ensures you have access to the care you need for the year ahead.

For Assistance During Open Enrollment:

- **Musicians:** You can reach out to **HAAM (Health Alliance for Austin Musicians)** for guidance and support during the enrollment process. Click here to learn more: [HAAM Open Enrollment](#). Need help paying for your monthly premium? HAAM may be able to assist members with that, too! Read more about their Premium Assistance Program [here](#).
- **Music Industry Professionals:** Our partners at **Foundation Communities** are available to assist you with navigating your health insurance options. Please click [here](#) for more information.

Travis County Integral Care

512.472.HELP(4357) - urgent mental health care and many other resources: <https://integralcare.org/en/home/>.

National Suicide Prevention Lifeline

800.273.8255 or text TALK to 741741 or chat online <https://988lifeline.org/contact-us/>

Substance Abuse and Mental Health Services Administration

800.662.HELP(4357)

Outreach, Screening, Assessment, and Referral (OSAR)

Recovery support through Texas Dept. of Health and Human Services
877.541.7905

National Sexual Assault Hotline

800.656.4673

In an emergency, please proceed to the nearest hospital ER or call 911.