

PLAYLIST SUBMISSION



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NAME:

INSTAGRAM HANDLE:

YOUR 12 TRACKS (PLEASE TYPE OUT TRACK NAMES):

Why 12 you ask? On average, 12 men lose their lives each day to suicide. These songs are a nod to those men.

LINK TO PLAYLIST (PLEASE COMPILE THE PLAYLIST AND PROVIDE US WITH THE SPOTIFY LINK):

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HOW DOES MUSIC INFLUENCE / EFFECT YOUR MENTAL HEALTH?

Please write us a couple of paragraphs of why you have chosen these songs. Have they helped you through good or bad times? Are they tracks that remind you of a particular point in life or a specific event? Be as open and as honest as you want.

AS A SEPARATE ATTACHMENT TO THIS PDF, PLEASE SUPPLY US WITH A HIGH RESOLUTION IMAGE OF YOURSELF THAT WE CAN USE ALONGSIDE YOUR PLAYLIST.

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