



## **LIVE LIVE FAQ SHEET**

### **What is the LIVELIVE Initiative?**

LIVELIVE is a ground-breaking mental health initiative launched by Lewis Capaldi in association with Music and You and Interlude Artists, that will take place throughout the singer-songwriter's March and October 2020 Arena dates. The aim of this project is to provide mental health support to fans who love live music yet suffer from anxiety and/or panic attacks whilst in those busy concert environments.

### **What will the LIVELIVE Initiative Offer?**

Fans will be able to access support from a qualified team at each venue before, during and after the show. There will also be designated help points for anyone struggling emotionally, a safe space for anyone who needs time out, and a gig buddy system for fans travelling to the show alone.

The key components of this initiative are:

- Safe Space for fans to take time out if they are suffering from anxiety and/or panic attacks.
- Buddy System. Fans (particularly those travelling alone) can meet at a designated point before doors open, before the show starts & after the show to connect with other fans and travel home safely together.
- Helpline for fans to contact before, during or after the show
- Help Desk inside the O2 Arena to answer any enquiries. Also, the help desk is there to provide information about mental health and the initiative in general.
- Breathwork sessions hosted in the LIVELIVE Zone between the support acts (sign up required in advance at the help desk).

### **Where will the LIVELIVE Zone be located?**

There will be a designated space within the arena. The location and directions to the area will be signposted throughout the venue on the day.

### **Who can we contact if we have any questions?**

[livelive@lewiscapaldi.co.uk](mailto:livelive@lewiscapaldi.co.uk)

### **Show Date:**

02 October 2020 – The O2 Arena, London  
04 October 2020 – The O2 Arena, London