



## Music as a bridge to mental health - German newcomer premieres in New York.

What happens when you combine pop music and mental health? The **ME & THE LION** project has found an answer. The two musicians Anika and Leo Sieg are committed to destigmatizing mental illness - with the help of music.

Their songs move between pop, rock and country and combine elements of all three genres. "We are motivated by the hope that as many people as possible can take something from our journey with them. Music can be a great help in understanding yourself better and becoming active. That's how it was for me," says singer and songwriter Anika. Leo, multi-instrumentalist and producer, adds: "We want to convey a feeling of cohesion. No one has to fight alone: we have a lion by our side!"

After making its debut in 2023 with the single "Let the Rain Come", the project is now going international: on May 4, the **new single "Lose Yourself"** will be released together with an emotionally charged music video as part of their performance at the *Urban Dreams Mental Health Film Festival* in New York City.

On May 13, ME & THE LION will also be performing at the *Triad Theater* in Manhattan. To mark *Mental Health Awareness Month*, they are the international headliners of the *International Mental Health Foundation's* concert there. The foundation has set itself the task of raising awareness of mental health through art. The event can be followed digitally via a livestream.

ME & THE LION not only provides entertainment, but also conveys an important message. At a time when the debate about mental health is becoming increasingly important, they are breaking taboos and setting an example of openness and understanding.

Further information: [www.meandthelion.com](http://www.meandthelion.com)

**ME & THE LION**  
music & mental health

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