



## German Newcomer 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 went international: on May 4, 2024, ME & THE LION presented their single "Lose Yourself" as part of their performance at the *Urban Dreams Mental Health Film Festival* in New York. The equally emotional music video celebrated its premiere on the big screen at the *Regal Cinema* in *Union Square*.

On May 13, ME & THE LION performed at the *Triad Theater* in Manhattan. To mark *Mental Health Awareness Month*, they were the international headliners of the *International Mental Health Foundation's* concert there. The music video for their **new single "Coming Home"** was also filmed in New York. "Coming Home" combines pared-down, clear lyrics with an urban visual language that uses iconic locations such as *Central Park* and *Times Square* to illustrate the inner journey for stability, identity and the longing for a true home.

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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