

## Local band aiming to bring awareness to mental health through their music

Written By ALYSSA PARKHILL

Music holds a strong power, able to present important messages through its lyrics and melody. It can bring out emotions buried deep down, and carry them to the surface.

Two members from a local band here in Bolton have produced a song and music video to reach out to those struggling with mental health, to let them know they aren't alone.

Angelo Giammattolo and Greg Gallagher, members of 'My Hollow' released a music video on Feb 5 called 'In Darkness'.

'We wrote that song to help raise awareness for suicide and mental health. Both Greg and I had a personal experience with one of our good friends who took his life unfortunately, and pretty much anybody, whether it's someone you know personally or someone you know of, if it has to do with suicide or more mental health awareness, everybody has been affected one way or another,' said Giammattolo.

According to Stats Canada, almost one in five Canadians required mental health care in 2018 and only half of the needs were met.

Many did not receive care due to not knowing the right place to go, personal circumstances or not being able to afford the care they needed.

The two band members have partaken in other charitable events to help raise awareness for other causes such as promote and helping a little girl suffering from cystic fibrosis, called Payton's Journey.

'We got t-shirts printed and put on two big shows for her, with all proceeds going to her,' said Giammattolo. ?

The newly released music video was released on Giammattolo's personal YouTube account which he has been running for the past year. He has shared the music video on social media, and has even posted google advertisements.

Giammattolo and Gallagher produce these motivational pieces as side work from their full-time band The Hollow. They use their music to get clear and positive messages across to those who need it.

'People turn to music, and it's an absolutely fantastic thing. The way you use it can help you heal is different than reading something in a book or listening to a podcast or something like that. The sounds and tones can bring out different emotions in people,' he explained. 'I really think we turn to music almost before anything to make us feel a certain way, whether it's better or worse or through a break up or going through a hard time.'

He added, 'we just wanted to put a message up there to try to raise awareness. That's the main message, is don't be afraid to reach out. We are trying to shine light to those in darkness.'

Giammattolo is constantly looking for different ways to give back to those in need whether it be toys for children, clothing for the homeless, hosting benefit concerts and so on.

'I live my life circling around karma, there's always something else you can do. There's always something that's bigger than you. There's always a message I could get help spreading,' he commented.

Please search Angelo Go YouTube to view 'In Darkness' music video or check out The Hollow's Facebook page for more information.