

- ❑ **Artist Name:** Andy Penkow
- ❑ **Track Name:** Heavy On Me
- ❑ **Track Length:** 3:20
- ❑ **ISRC Code:** AUXXZ2300012
- ❑ **Original Release Date:** 20/10/2023 (CRS 24/10/2023)
- ❑ **Writer/s Name/s:** Andy Penkow / Shawn Moore / Doug Folkins
- ❑ **Album Name:** Shades Of Me
- ❑ **Album Label & No:** MGM Distribution
- ❑ **Website:** www.andypenkow.com
- ❑ **Facebook:** <https://www.facebook.com/AndyPenkowmusic/>
- ❑ **Youtube:** <https://www.youtube.com/user/Andrewpenkow>
- ❑ **Instagram:** <https://www.instagram.com/andypenkow/>
- ❑ **Video:** https://youtu.be/jy-kU_sQWNU

Andy Penkow - Heavy On Me

Mental health impacts everyone in one way or another, either directly or via people we know. “Heavy On Me” is a song about the importance of mental health, understanding the symptoms, and knowing when to reach out to friends, family or even strangers in times of need.

“What a lot of people don’t know about me is that despite my sometimes confident and strong exterior, on the road performing at event after event, I have had to manage anxiety and self-doubt my entire life.”

“Heavy On Me is an empowering song about removing the stigma and shame around mental health and the importance of asking for help and acknowledging when you’re down.” Andy Penkow.