

SINGLE PRESS RELEASE

Self Help *Enrage Engage*



Release: 5th April 2024
For fans of... KEG, Ought, Squid, Idles

Hailing from Oxford, England, **Self Help** are a five-piece who create a sound as blistering as it is off-kilter. The band first came together in 2018 sharing a love for a diverse, experimental approach to making music. Self Help create art strictly on their own terms and, in turn, challenge the listener throughout. Indeed, their unforgettable performances leave a lasting effect on music lovers far and wide, with three frontmen often taking turns to lead the charge.

Following a short, self-imposed, break from the playing music, Self Help returned in 2022 with their uncompromising sound enveloping their peers into a sonic-euphoric, semi-doomscape or, as the band have coined, vroomscape! This led to a number of festival appearances and airplay on **BBC 6 Music** as well as support slots with the likes of **Squid, Goat Girl, The Murder Capital** and **Animal House**.

Following recent track 'Spaceman', latest single **Enrage Engage** is the title track of the band's forthcoming debut album. *Enrage Engage*, perfectly encapsulates the bands sound in just over four breathless minutes. The track is a heady mix of sardonic lyricism, dissonant melodies, crunchy synths and explosive sonics, as Self Help share their world view with the listener.

The record itself is packed full of post-punk energy and is a result of Self Help's ironic displeasure at seeing the modern world in the state that it's currently in. The album consists of songs discussing broken dreams, feelings of dread and the ongoing machine that is social interaction over the internet. Always keen to innovate, Self Help illustrate their quirky approach to music by using everything from hoovers and salt shakers to teeth being brushed, as the record sonically refuses to stand still.

Having supported **Buzzard Buzzard Buzzard** in March, 2024 is gearing up to be an important year for the band. *Enrage Engage* will drop in April, followed by single 'I Want You All To Myself' due in May followed by the album itself in June. The band also have a plethora of live dates booked this year, with more set to be announced. You can catch the band on the following dates:

22nd March - Bristol (Crofters Rights)
28th March - London (The Victoria, Dalston)
30th March - Brighton (East Street Tap)
21st May - London (New Cross Inn)
28th June - Oxford (The Bullingdon Arms)

Single **Enrage Engage** is out on **5th April** and is taken from the debut album of the same name, due for release on **7th June 2024**.