



*Lisa Heller*



*"is anyone listening?"*



Part of the magic of being a musician is being able to weave stunning songs from the most troubling times. For Lisa Heller, this has always been her way through turbulence, imbalances and the modern maze of mental health. The independent Los Angeles pop singer/songwriter turns her battles into victory dances through her second EP *"is anyone listening?"* due out July 15th. The six-song collection is edgy yet silky, a combination that feels cathartic and extremely relevant to the times.

"My goal is to use art to figure out who we are beyond our anxiety and depression. I feel like each song represents a different side of myself and embodies the different aspects of who I am as both a person and an artist," Lisa says. "This album focuses on mental health and the fact that everyone needs a support system from time to time."

Lisa began working on the album as soon as the pandemic struck, reaching out through her creativity in order to feel better and stay afloat. She wrote many of the songs virtually with Bay-Area-based songwriter Meghan Williams and collaborated with Nashville producers Will McCoy and Sebastien Douyon.

"In our cowriting on this album, Lisa continues to dig deep into issues of identity, self acceptance, personal growth, and coping during difficult times," Meghan says. "Lisa has an incredible ability to tap into raw emotion in her melodies and we worked hard to match that depth lyrically together to shed light into isolating emotional places with honesty that is hopefully healing on some level for those listening."

The six track album contains such relevant songs like "turning the news off" and title track "is anyone listening?" - a short preview of which has already [gone viral on TikTok](#). Lisa will be performing at Hotel Cafe in Hollywood on Sept. 9th as part of the Junkfood PR showcase.

*STREAM | DOWNLOAD ALBUM*

*PRESS PICS*