



MediaHQ is a leading provider of digital media contacts databases and press release distribution services, trusted by communications teams where clarity, accessibility and accountability matter. Founded in 2006, MediaHQ supports over 300 communications teams and has built a secure, cloud-based platform purpose-built for modern PR and media engagement.

Our mission is simple: to help organisations connect with the right media at the right time. Effective communication is not simply about reach; it is about ensuring timely, accurate information is delivered to the right audiences in a consistent, compliant and measurable way. MediaHQ streamlines the full outreach workflow, enabling teams to build and save targeted media and stakeholder lists, distribute press releases securely from their own email address and track interest and engagement through clear reporting and analytics.

Our comprehensive media contacts database is actively maintained, covering national, regional and specialist TV, radio, print and digital media, as well as podcasts, international contacts in the EU and US and trade titles.

Built for organisations managing high-profile communications and sensitive information, MediaHQ combines robust governance with ease of use: GDPR-compliant workflows, secure access controls, unsubscribe and bounce management and a guaranteed 97% email delivery rate which maximises the likelihood that emails land in inboxes. To further protect recipient data, MediaHQ uses European-based email delivery services (SendGrid EU and Brevo). This helps ensure contact details are handled responsibly and gives recipients greater confidence in how their information is managed.

MediaHQ implements robust security measures, including data encryption, strict access controls and adherence to industry standards. All accounts are secured with username and password

protection and two-factor authentication provides an additional layer of security, preventing unauthorised access even if login details are compromised.

Fully compliant with the General Data Protection Act 2018, MediaHQ serves the interests of professionals working in Public Relations by allowing users to communicate with their audience. We collect, store and handle the personal information of journalists and media organisations for our legitimate business interest in compiling the MediaHQ platform and to allow our PR clients to access it, as well as incorporating functionality that allows PRs to remain compliant.

MediaHQ saves time, supports collaboration across teams and strengthens governance by centralising media outreach in one secure platform. The platform's combination of a powerful search functionality, comprehensive database and easy to use interface will enable media teams to engage accurately, quickly and comprehensively with their desired publications and outlets.

MediaHQ is available 24 hours a day, 7 days a week, 365 days a year including weekends and public holidays subject to agreed maintenance windows. The platform is accessible via modern browsers on both PC and Mac. We provide hands-on onboarding and training to ensure rapid adoption and continuity of service from day one. MediaHQ provides a dedicated account manager, Customer Success support and 24/7 customer service and technical support.

MediaHQ is widely used across multiple sectors because it makes media outreach easier to manage and easier to govern, while helping emails reach journalists reliably. Teams can build targeted lists and send releases using their own templates so messaging stays consistent and on-brand. With bounce and unsubscribe management and a proven 97% email delivery rate, MediaHQ helps maximise the likelihood that emails land in inboxes.



