



Open Arts

mental health and wellbeing
through creativity

If you would like any information
or to make a referral
please contact:

Open Arts

The Art House
19 High Street
Hadleigh
Essex SS7 2PA

Open Arts is a charitable community arts and mental health programme, managed by Essex Partnership University NHS Foundation Trust.

What is Open Arts?

Open Arts works across the county of Essex. We help people improve and maintain their own mental health and wellbeing, through creative learning, social inclusion and self expression.

It's a chance to learn and practice all kinds of artistic techniques, and be part of a friendly, supportive and creative group.

Who is it for?

All our participants are aged 16 or older, who have either experienced mental health problems or are a carer.

Phone: 07580 982 462

Email: epunft.open.arts@nhs.net

Visit: www.openartsessex.org

Twitter/Instagram/Facebook:
[@openartsessex](https://www.instagram.com/openartsessex)

Registered Charity number 1053793

An independent study by South Essex Service User Research Group (SESURG) at Anglia Ruskin University found:

- **90%** of participants felt **more positive**, and said it **improved their wellbeing**

- **80%** felt that their relationships with **other people had improved** as a result of the studio placement

- People felt **less socially isolated**, and reported improved **self identity, confidence and choice.**



Essex County Council



Essex Partnership University
NHS Foundation Trust