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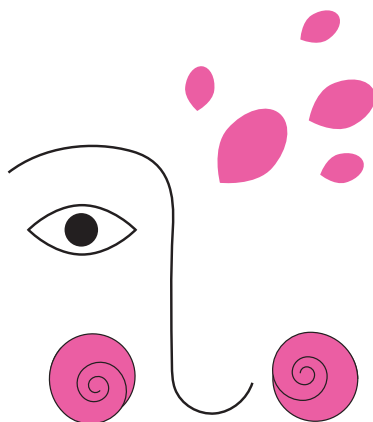
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#ARTYPROJECT
#YOUTHMENTALHEATH
#ARTFORMENTALHEALTH

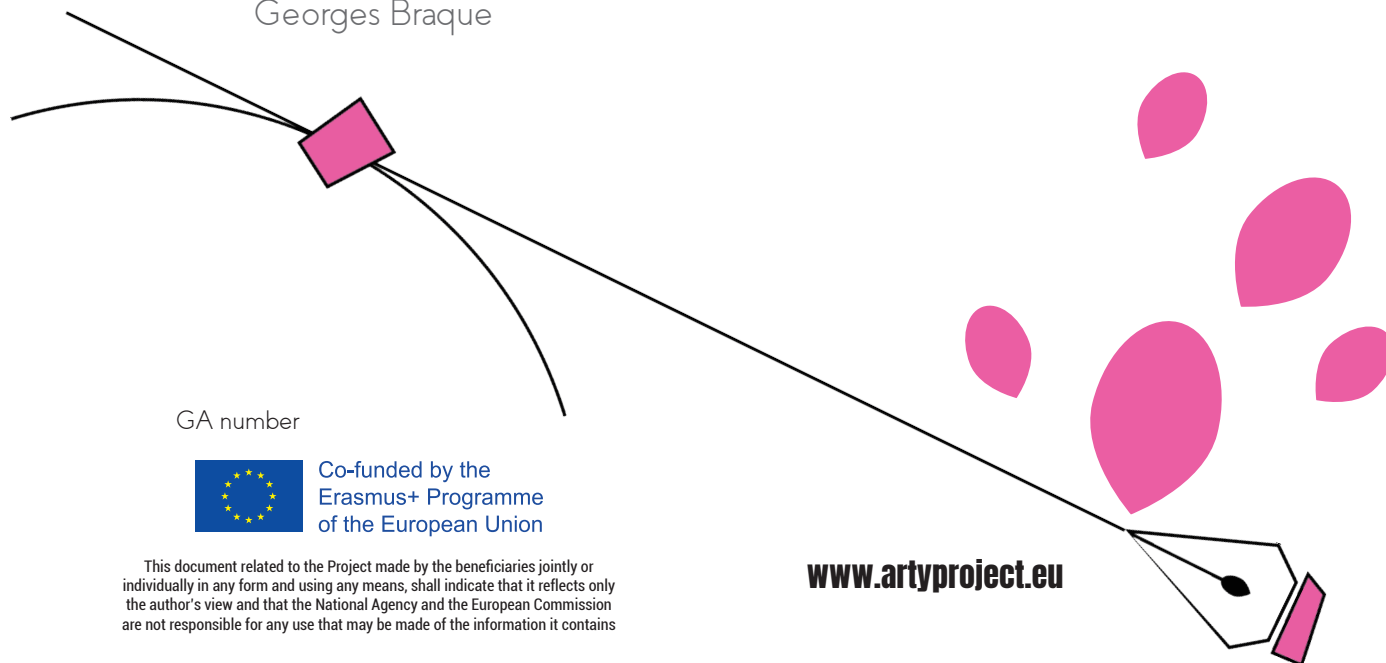


Art is a wound turned into light

Georges Braque

Digital art therapy

for youth developing
or existing mental health conditions



GA number



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The coronavirus pandemic introduced a considerable degree of fear, worry and concern in the population.

In public mental health terms, the main psychological impact to date is elevated rates of stress or anxiety. The emergency is having an impact on usual activities, routines or livelihoods: levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behaviour are also expected to rise. In populations already heavily affected, issues of service access and continuity for people with developing or existing mental health conditions are also now a major concern, along with the mental health and well-being of frontline workers.

THE PROJECT

The project objectives are to bring together actors from the fields of mental health, youth work, non-formal education, arts and culture.

Extend the competences of youth workers, psychologists, social workers and practitioners in Greece, Italy, Spain, Cyprus and Romania, who work with vulnerable youth with developing or existing mental health conditions, in order to be able to offer continuous support to their beneficiaries, even during lockdowns and quarantine situations, by utilizing digital art therapy.

Enhance access to CSOs, youth workers, psychologists, social workers and practitioners to a guide which links creativity and the role of art approaches when working towards mental wellbeing of young people. The guide will also include practical strategies to help youth with psychological disorders to address hidden pressures and stressors through art making and exploration, showing the potential of art as a healing strategy.

Enhance access to CSOs and relevant stakeholders to an awareness raising toolkit on the impact of COVID-19 to youth with developing or existing mental

health conditions.

ARTY will implement the following activities:

- 1. Guide for CSOs and relevant professionals** (i. e. youth workers, psychologists, social workers and practitioners) to implement art therapy sessions for youth with psychological disorders online. The guide will be field-tested and evaluated by the users.
- 2. Capacity Building program for youth workers, psychologists, social workers and practitioners.** Aim of the program is to foster target groups' ability to enhance youth mental wellbeing and to empower youth to deal with the challenges imposed by the pandemic.
- 3. Awareness Raising Toolkit for CSOs on the impact of COVID-19 to youth with developing or existing mental health conditions.** The toolkit will enable the beneficiaries to raise public awareness, to lead and contribute to the development of youth policies and strategies to help youth with psychological disorders to address hidden pressures and stressors through art making and exploration, showing the potential of art as a healing strategy.

