



PRESS RELEASE 3

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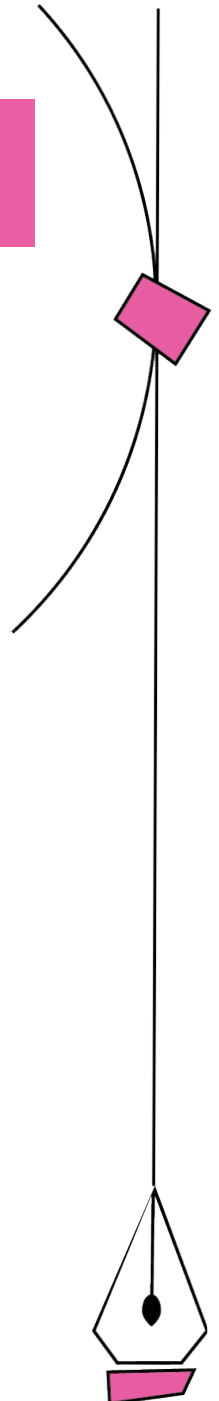
#ARTYPROJECT
#YOUTHMENTALHEALTH
#ARTFORMENTALHEALTH

 WWW.ARTYPROJECT.EU

‘Making mental health & well-being for all a global priority’

YOUTH MENTAL HEALTH PROMOTION THROUGH DIGITAL ART THERAPY TECHNIQUES

On 10th October was celebrated the World Mental Health Day (WMHD). The WMHD was established in 1992 by the World Federation for Mental Health and recognised by the World Health Organisation (WHO). The aim of this initiative is to raise awareness of different mental health issues, reduce stigmatisation and plan actions to promote meaningful change in society. Each year a specific theme is chosen and for 2022 the theme was ‘Making mental health & well-being for all a global priority’. The ARTY project moves precisely in this direction with the aim of increasing the availability and accessibility of interventions based on the use of digital art therapy techniques targeted at young people, in order to promote their mental health. In a world heavily wounded by the COVID-19 pandemic, there has been a substantial increase in mental disorders globally, especially among young people. The still strong social stigma constitutes an obstacle to access to treatment. Therefore, offering timely, innovative and usable interventions on the one hand, and promoting awareness-raising campaigns on the other, has become a priority to cope with the current crisis affecting the mental health and well-being of people worldwide.



MAKING MENTAL HEALTH & WELL-BEING FOR ALL A GLOBAL PRIORITY

#WORLDMENTALHEALTHDAY

10 OCTOBER 2022

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ARTY GUIDE ON DIGITAL ART THERAPY TECHNIQUES

In the coming months will be launched the ARTY Guide on digital art therapy techniques targeted at CSOs, youth workers, psychologists, social workers and practitioners. Digital art therapy can be defined as “all forms of technology-based media, including digital collage, illustrations, films, and photography that are used by therapists to assist clients in creating art as part of the process of therapy” (Malchiodi, 2011). The ARTY Guide aims to support professionals to develop skills and enhance their knowledge necessary to implement digital art therapy techniques to youth with developing or existing mental health conditions. It will include roadmaps, creative and good practices to organize and implement digital art therapy sessions face to face and online.

The ARTY Guide will enable professionals to use digital tools to improve the mental well-being of young people.

THE NEXT OUTPUTS OF THE ARTY PROJECT: PILOTING OF THE ARTY-CAPACITY BUILDING PROGRAM FOR PROFESSIONALS

Between November 2022 and March 2023, the piloting of the “ARTY- Capacity Building Program” course will be carried out in all project partner countries (Romania, Italy, Cyprus, Greece, Spain and United Kingdom) involving youth workers, psychologists, social workers and practitioners. The aim of the course is to fill the gaps, which were identified during the COVID-19 pandemic, in ensuring continuous access to mental health care by expanding the skills of professionals.

NOTES TO EDITORS

- To find out more about the Arty project and to get involved in the activities please follow the link www.artyproject.eu
- Arty is co-funded by the European Commission under the Grant Agreement: Erasmus+ 2020-1-RO01-KA227-YOU-095295



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