



# 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 project managed by Essex Partnership University NHS Foundation Trust (EPUT).

## 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 people aged 16 or older, who have either experienced mental health problems or are a carer.

**Phone:** 07903 188673

**Email:** [open.arts@eput.nhs.uk](mailto:open.arts@eput.nhs.uk)

**Visit:** [www.openartsessex.com](http://www.openartsessex.com)

**Twitter:** @openartsessex

**Facebook:** @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



Essex County Council



LOTTERY FUNDED



Essex Partnership University  
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