



University of
Salford
MANCHESTER



Edge Hill
University

NHS
Greater Manchester
Mental Health
NHS Foundation Trust

Participants Needed for Research Study

Arts for the Blues

Creative Psychotherapy for Depression

Do you struggle to put your feelings into words?

Are you interested in connecting with others?

Would you like to try creative methods?



What is Arts for the Blues?

Arts for the Blues is a 12-week creative group psychotherapy that uses drawing, moving, writing and talking. **Artistic abilities are not required.**

Who would benefit from Arts for the Blues?

Creative psychotherapies can support mental health and wellbeing. Arts for the Blues is suitable for anyone who is interested in using creative approaches and working with others in a therapy group.

You can find more information about Arts for the Blues on our website: **www.artsfortheblues**.

NIHR | National Institute for
Health and Care Research



How to self-refer:

1. Contact GMMH Talking Therapies website:

<https://www.gmmh.nhs.uk/talking-therapies/> or scan QR code

2. Choose your locality: Manchester, Salford, Trafford, Wigan or Bolton.

3. Self-refer as requested and mention the study on your referral.

4. Or ask your GP to refer you.



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