Arts for the Blues

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?

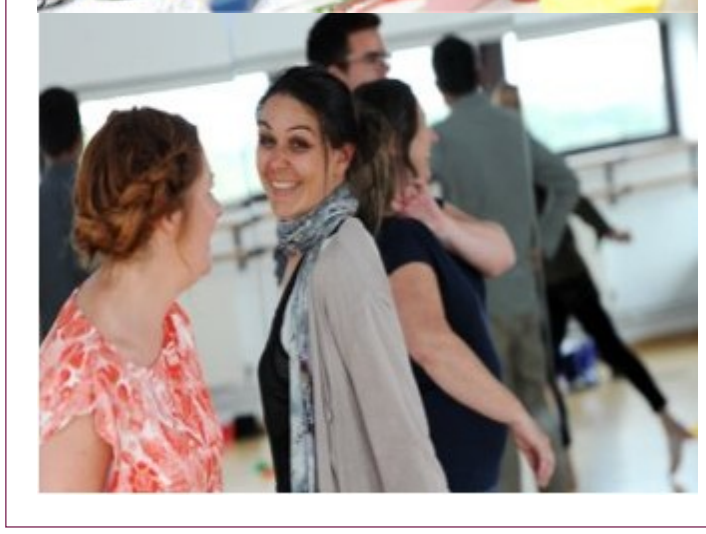
Arts for the Blues is an evidence-based 12-week creative group psychotherapy that uses drawing, moving, writing and talking.

Artistic abilities are not required.

Who would benefit from Arts for the Blues?

Creative therapies 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 watch a short video at **www.vimeo.com/626449926** for more information or go to our website: **www.artsfortheblues.com**



If you would like to try Arts for the Blues please complete the referral form **here** or use the link **https://salford.solvefit.co.uk/csr/** or scan the QR code and you will be offered an assessment.

Please contact the Counselling Clinic at healthsociety-counselling@salford.ac.uk for further information.