CREATIVE ARTS WELLBEING SESSIONS

A creative, safe way for young people to express thoughts, feelings and experiences when words can be difficult.

How do Creative Arts Wellbeing sessions work?

Creative Arts Wellbeing sessions use creative activities such as drawing, painting, collage, clay or other art materials to help young people explore their feelings. No artistic skill or experience is needed. The focus is on self-expression and understanding, not on producing perfect artwork.

Benefits for young people

Provides a safe, non-judgemental space to express emotions.

Offers a calm, relaxed space to unwind and take time out from everyday pressures.

Builds confidence, self-esteem and resilience.

Supports communication when talking feels difficult.

Encourages problem-solving and healthy ways of managing feelings.

Gives young people a creative way to explore change or challenging experiences, at their own pace.

What happens in a session?

Sessions usually take place one-to-one or in small groups. The youth worker will offer art materials and gentle guidance, helping the young person reflect on their artwork if they would like to. Everything shared is treated with respect and confidentiality, within safeguarding requirements.

Creativity can help young people find their voice, build confidence and support their wellbeing.

These are creative youth work sessions, not a clinical or counselling service. If you're worried about your mental health, speak to your GP or ask us about further support.