

### Who is arts therapy for?

Our arts therapy service is for children and young people aged 5-25 who are experiencing difficulty with their mental health and wellbeing. This could include:

- anxiety and depression
- low self-esteem
- self-harm
- anger
- difficulties in family or peer relationships
- a history of trauma
- experience of loss, significant change or bereavement
- difficulties related to neurological difference (e.g. autism)

### More about us...

The Youth Arts & Health Trust's purpose is to develop skills, confidence and resilience through creative arts and arts therapies. We have arts therapy rooms at the YES Centre (Youth Enquiry Service) in Exeter and are developing our work across the South West.



### What is arts therapy?

Arts therapy offers you the chance to be creative as well as talk, to help gain new insights into your situation and improve your well-being. It is a safe, non-judgemental space to explore your story and what is going on for you. All our arts therapists are registered with the Health & Care Professions Council ([www.hcpc-uk.co.uk](http://www.hcpc-uk.co.uk)). They can offer a specialism in art, drama or music.

You don't need any experience of the arts to benefit from arts therapy. It's an opportunity to be creative using methods that you enjoy like drawing, painting, clay, role-play or creative writing. In this way a young person can proceed at his or her own pace using the creative process as a means of personal expression, identifying and connecting emotions and making sense of experience and things that are hard to name or say in words.

### How can I apply?

You can email or phone us to request our referral form, guidance notes and pricing sheet. Parent/carers and professionals are also welcome to contact us to discuss a child or young person you have in mind.

Email [info@youthartsandhealth.org](mailto:info@youthartsandhealth.org)  
Telephone 01392 975104 and leave a message.

### What do we provide?

We provide individual and group arts psychotherapy sessions with qualified and registered arts therapists. All of our practitioners have experience of working with young people and a strong commitment to continuous professional development.