Creative Practice as Mutual Recovery

Connecting Communities for Mental Health and Wellbeing



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This highly collaborative programme aims to examine how creative practice in the arts and humanities can promote the kinds of connectedness and reciprocity that support 'mutual recovery' in terms of mental health and well-being.

Creative practice could be a powerful tool for bringing together people with mental health needs, informal carers and health, social care and education personnel, to connect in a mutual or reciprocal fashion to enhance mental health and well-being.

This programme marks a radical shift in vision that could generate new pathways for transforming these often discrete groups of people into egalitarian, appreciative and substantively connected communities resilient

communities of mutual hope, compassion and solidarity.

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Also visit and join the International Health Humanities Network:

w: www.healthhumanities.org