



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 watch a short video
and find more information on
our website www.artsfortheblues.com

NIHR | National Institute for
Health and Care Research



How to Self-Refer

1. Scan QR Code to contact GMMH Talking Therapies
2. Choose your locality: Manchester, Salford, Trafford, Wigan or Bolton.
3. Please mention the study on your referral.
4. Or ask your GP to refer you



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