

Press Release

Art Connects Mental Health: A Time to Breathe Smashing Times Creative Arts for Health and Well-Being Hub

Art Connects Mental Health: A Time to Breathe is a two-year European wide transnational partnership project that provides education, training and awareness-raising at national and European levels using creative processes to promote positive mental health and emotional wellbeing with youth.

Six partner organisations come together to create a Europe-wide Creative Arts for Health and Well Being hub, a new online, interactive, learning resource centre that supports the role of the arts to promote physical and emotional positive mental health and well-being for all.

A challenging event like the COVID-19 (coronavirus) pandemic can affect everyone's mental health. Each of us is doing our best to look after ourselves however young people may need extra attention and support. Building synergies between the arts, youth education, and health and well-being, this project supports the role of the arts to promote positive mental health and emotional well-being, to overcome stress and anxiety and to build resilience across Europe, strengthening links across Europe in relation to the arts, education and positive mental health and well-being with and by young people.

A Time to Breathe is supported by Erasmus+. The partners are:

- Smashing Times International Centre for the Arts and Equality, Dublin, Ireland (lead partner)
- Ente Acli Istruzione Professionale Piemonte, Torino, Italy
- Euroreso, Naples, Italy
- European Centre in Training for Employment, Rethymno, Greece
- Fundación Intras, Valladolid, Spain
- Youth Peace Group Danube, Vukovar, Croatia