

General Comments

“The Art Well therapy has helped so much. I have loved every second of this experience”

“I feel relaxed and open to new things”

“More groups like this should be available”

“It makes me able to go about my day without any queries in myself”

“Has given me structure and helped my mental health”

“Being with like minded people, who have or got mental health issues that I’m not alone in this world”

“Could have been longer, wish we had more weeks”