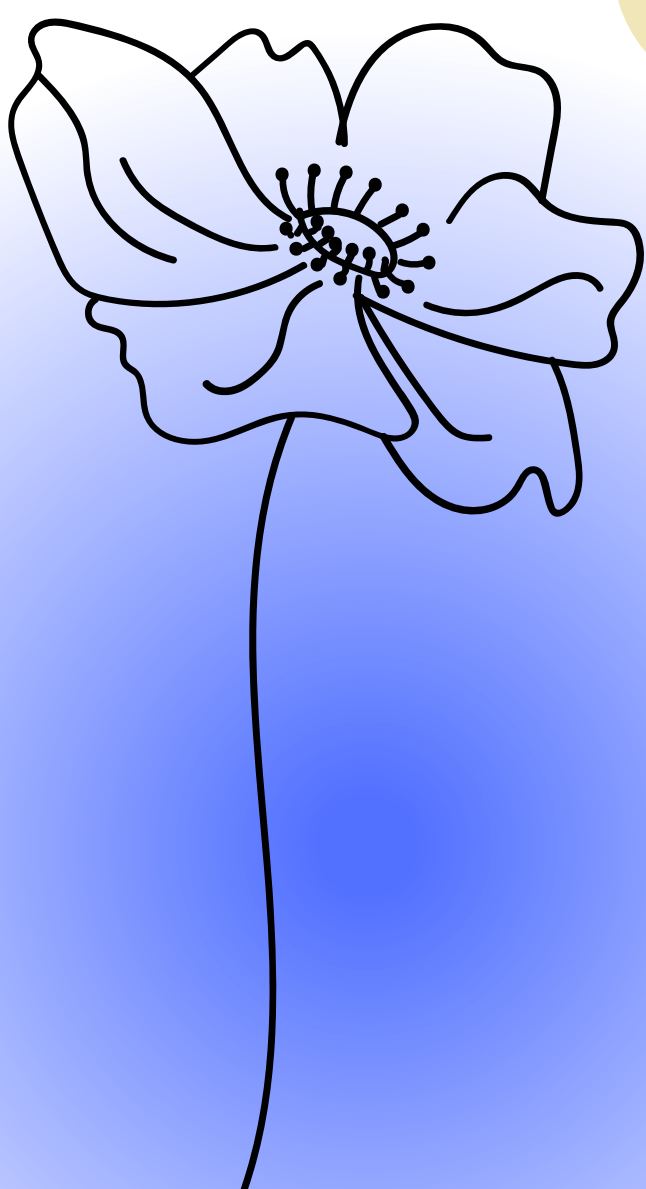
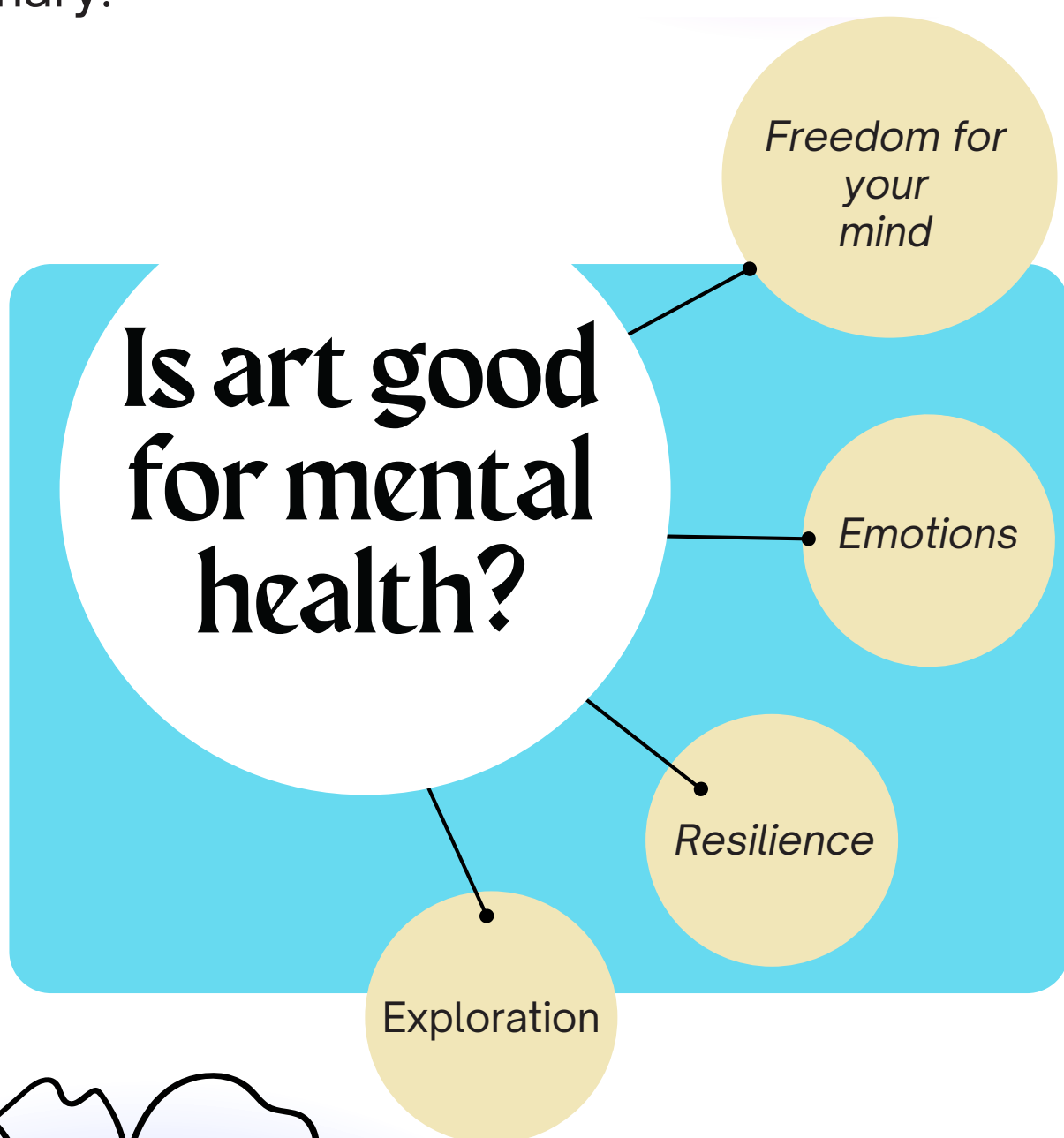


"I kept my sanity thanks to drawing"



Restart from beauty

Restart from beauty is our manifesto about Art and Mental Health. It is a collection of our voices. it started as a discussion and became our meeting summary.



Art is voice

Art allows you to **express yourself** when you're not brave enough to speak. Users with a disability can find ways to communicate through art. Users in psychiatric hospitals behave differently during art therapy.

Art is about observation and safety spaces
It promotes mutual development.
Art is a good coping mechanism for stress.

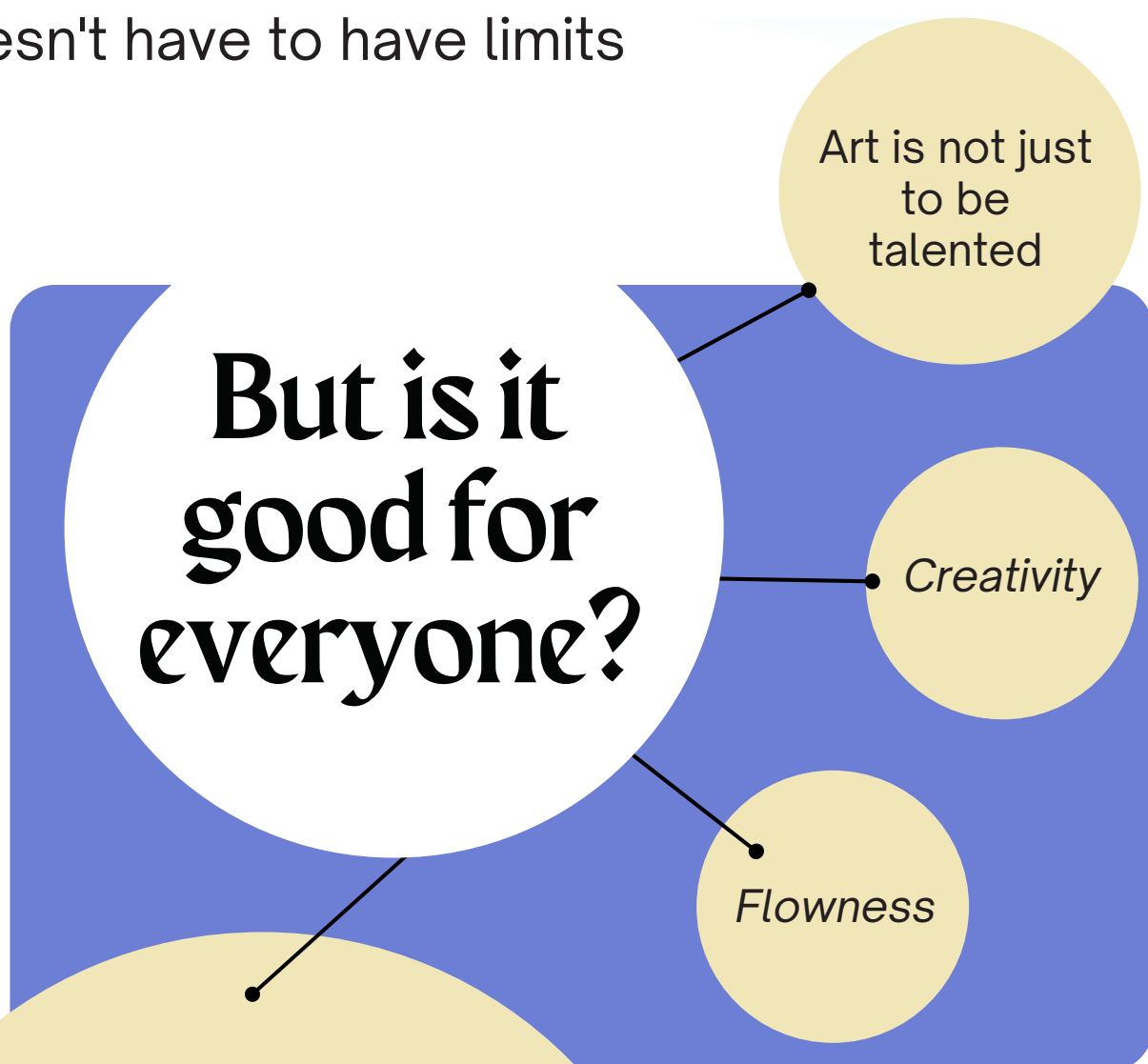
"I kept my sanity thanks to drawing"

What is art?



Art is about creating, it can be in everything. Some people think it's a closed concept or that you have to create and be talented, but just observing and enjoying it is enough.

Art doesn't have to have limits



Art can be connected to bad feelings. Some artists can only create when they are feeling bad. Art itself is not harming, but when you are a professional artist, the pressure from outside can be harming.

Creativity is **multifaceted**



Art is help

Sometimes people need someone to introduce them to use art to improve their mental health.

Art-therapies are a good way to explore ourselves.



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