

General Comments

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

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

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

“I feel relaxed and open to new things”

“More groups like this should be available”

“Has given me structure and helped my mental health”

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