

# Art Wellbeing Groups

Using Art in the Mental Health space

# Introduction

- Acknowledgement
- Our Role
- Group work and collaboration with stakeholders





**The  
benefit of  
Art  
making in  
relation to  
wellbeing**

Less invasive

Connectedness : creating conversation and developing a relationship between case manager and service user.

Element of being in the moment

Having something in your hands

Art making may not be for everybody

A top-down view of various musical instruments including a piano keyboard, an acoustic guitar, a drum set with cymbals and a snare, and a microphone, all arranged on a light-colored surface.

# Setting up a wellbeing group

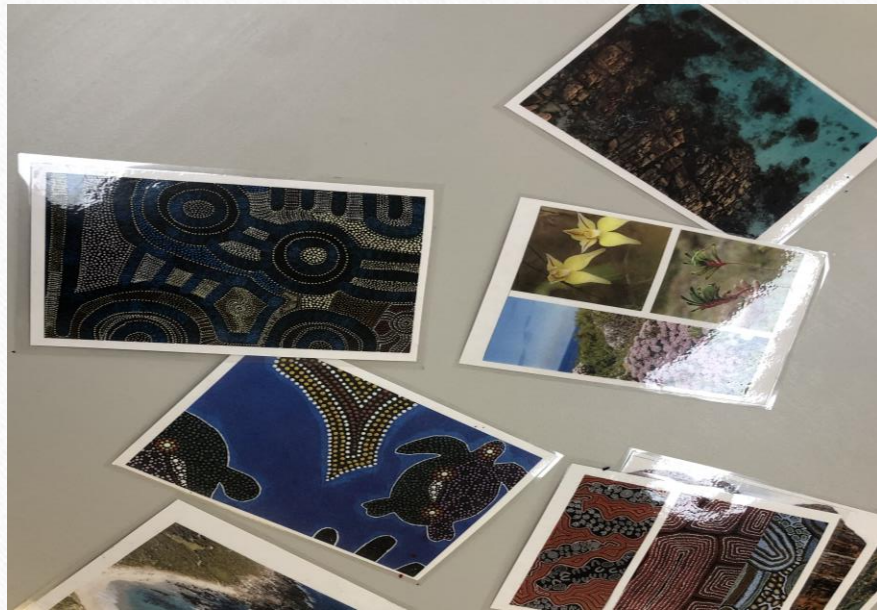
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- Consistency
- For whom with whom?
- What materials/equipment do you need?
- Background music/ instruments
- Giving service users some agency
- Consents and feedback forms



# Materials and Extras

Contact numbers and Helplines  
Pictures for inspiration



## **Support Helplines: 24 hours**

13Yarn: 13 92 76

NT Mental Health Line: 1800 682 288

Suicide call back service: 1300 659 467

Lifeline Australia: 13 11 14

Beyond Blue: 300 224 636

Kids Help line: 1800 551 800

## **Relief and services information (Katherine):**

Mission Australia: 0896 51000

Catholic care: 0897 10777

Anglicare: 0896 36100

Salvation Army: 0897 12265

Wurli community services: 0897 29180

Team health: 0891 24000

Team Talk: 1800 832 600

Katherine Mental Health: 08 8973 8724

Women's Crisis centre: 08 89 721 332

# Why is art important for wellbeing?

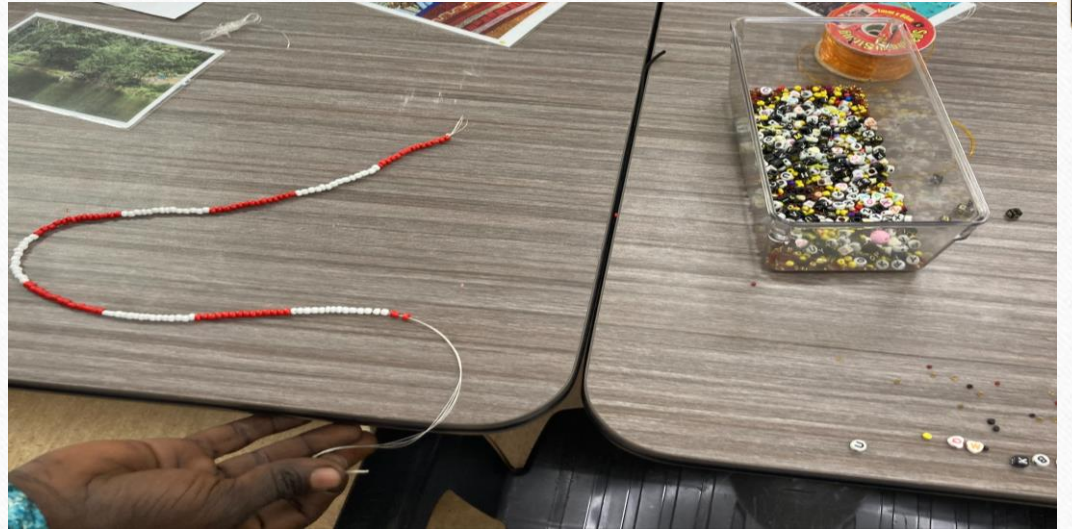
“Keeping stress and worries away”

“I feel happy when I do painting- I see my father when he does it and it brings back memories”

“Spending time in a way that’s not boring.”

“It clears your mind, It’s fun, I am learning how to draw and I feel more relaxed.”







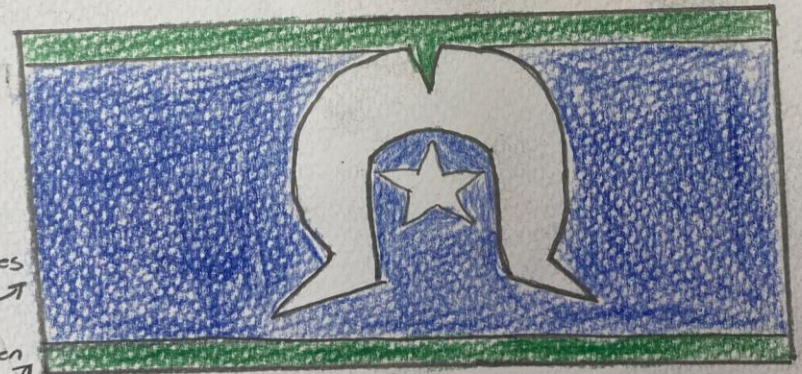


Black fella People



Sun/stars Red Earth ochre

Meaning of the 2 flags



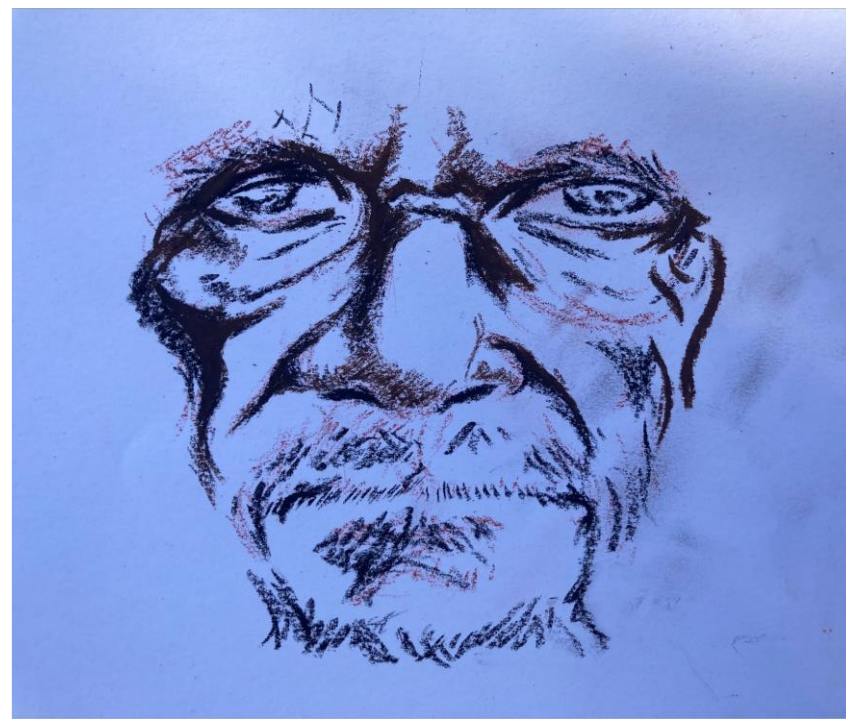
Blues

Green

Land Torres Strait People

Salt water 5-Points 5-Islands  
Headress culture







**Why is Art important for Wellbeing?**

Because of our Culture

Keep our Spirit Alive

So we dont forget

So that our Grandchildren

can know, we can teach

them.



# Tapestry project

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MUSEUM  
AUSTRALIA



# Tapestry Project





**MISSION**  
**AUSTRALIA** | together  
we stand

# Thank you

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Any questions?



# Case Study

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- Rayla was referred by a family centre in Katherine.
- Rayla is an indigenous female struggling with her wellbeing: she is living in an overcrowded house with her aunty, her 4 young children and partner. Rayla has 1 child and they sleep together in one room and are wanting to move out to Ngukkur where she has sisters that she really gets on with.
- Rayla enjoys art making and was previously linked in with an arts centre. Making art often helps her to focus.
- Rayla expresses some suicidal ideation with no plan or intent
- She has no current ID's and her Centrelink payments do not seem to encompass her child and she often has money troubles. She is able to support her child to attend school some days.
- She is unsure of where to start and what will help her with feeling low in mood and her housing situation. She often engages in alcohol use when she is having a bad day and thinking of past trauma's she has experienced.



# General questions for discussion

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1. What strengths does Rayla have / what is working well for her?
2. What may support Rayla and her situation?



# Some supports and Ideas for Rayla

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- Family centre made the referral: find out what their current involvement is: are the centre currently supporting with linking in with school/ respite?
- Strengths: Rayla has a support network of sisters/ possibly family living at home. She has been taking her son to school some days. She can identify things she enjoys and has some insight into her difficulties. She is seeking support and attending the assessment today.
- Housing: support Rayla to fill in a housing application and access ID's. For now find out what things Rayla and her son enjoy/ like and print pictures/ laminate them to support her current space to feel more personal. Is there temporary accommodation or other family members to link in with?
- Centrelink: Attend Centrelink to support with a payment plan and possibly link in with a financial counsellor
- Art making: link in with the arts centre in town and assist Rayla to attend the first few appointments: are there spaces to paint/ art make? Would making a collage to brainstorm be helpful? Is it possible to access some art material donations via GIV IT?
- Wellbeing: spider diagram which support networks / family friends Rayla has. Also inform Rayla of mental health numbers she can contact if she is feeling low: i.e. Lifeline/ 123yarn/ suicide call back. Would it be helpful to link in with an indigenous counselling service in town/ mental health service? Link in with the GP for a mental health care plan. Is it helpful to link in with AOD services/ is an alcohol rehabilitation centre helpful/ has she been engaged with a centre before which may be able to support with follow up?







# Self Invalidation

I shouldn't feel this way

My feelings about this situation are wrong

It's not a big deal what happened to me

Other people have it much worse than me

I think I am just too sensitive sometimes

vs

# Self Validation

I do feel this way and it is okay

There is no wrong or right way to feel

I am allowed to feel angry/upset/confused about what happened to me

This is hard for me today

My feelings matter, and I will listen to what they are telling me