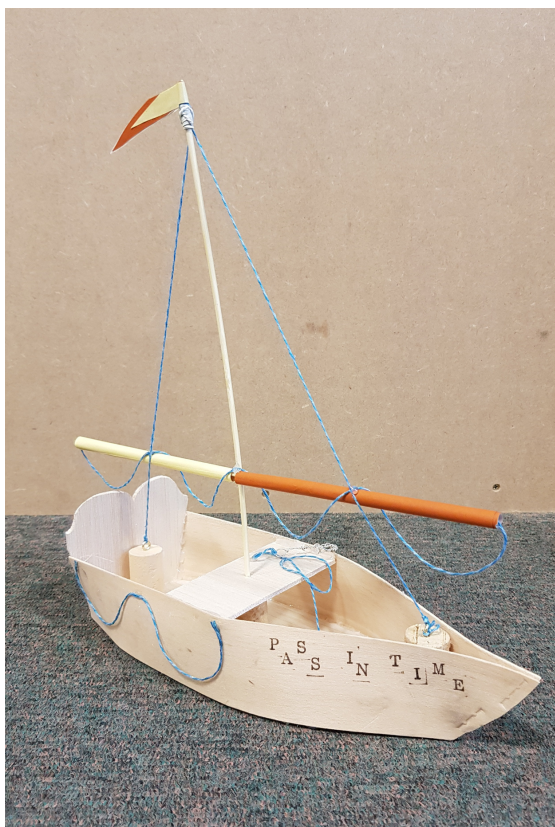


# Creative Alternatives

Create,  
Relax,  
Connect...



FREE Arts &  
Wellbeing Service for  
Adults in St Helens

Online and  
In-person Sessions  
Available

[www.creativealternatives.org.uk](http://www.creativealternatives.org.uk)



*"Being a part of this programme has helped me to learn to relax, grow in confidence & be creative. And I feel like I have found myself again!"*

**Creative Alternatives is the award-winning arts on prescription service for adults aged 18+, who live or access their healthcare in St Helens and are experiencing mild to moderate depression, anxiety &/or stress. Both our in-person and online sessions offer a selection of inspiring, creative activities that give you opportunities to explore, play and create with a mix of both visual arts and creative/expressive writing, which in turn can help to improve your mental wellbeing!**

## **Creative Alternatives will also:**

- Help to reduce anxiety and boost your mood
- Develop your confidence
- Give you a space for self-expression & creative play
- Allow you to be yourself & help restore your self-esteem
- Connect you with other like-minded people & create friendships
- Provide you with a safe, supportive and non-judgemental space.



Creative Alternatives is commissioned by St Helens Council's Public Health Department and is part of the Cultural Hubs-Arts in Libraries Programme for St Helens and is managed by the Alef Trust.

For more information about how to get involved, please contact:  
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