

JUNE 17th, 2021

## Art and health charity *Studio Upstairs* launches a Wellbeing Box to support core work



[Art Box Press Shots](#)

**Studio Upstairs** launched a new initiative today to tackle inequality and the growing mental health crisis.

Each art box **Printing with Light** offers guided art-making, as well as it funds an hour of therapeutic support for a person on a low income.

Studio Upstairs is a charity which for more than 30 years has helped adults in London and Bristol to improve their mental health through creativity.

Artists, art therapists and designers at Studio Upstairs created this first box as part of the series **Studio Inside**. It uniquely blends art-making, mindfulness and reflection in one.

With doubling rates of depression\* and increase in waiting times for treatment\*\* since the pandemic, this package will make a difference at a vital time.

**Link to Studio Inside Art Box:**

[Here](#)

\*Source: Office for National Statistics - Opinions and Lifestyle Survey

\*\*NHS England data

End of Press release

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### **More about the art box**

The box includes everything needed to complete 30 cyanotype prints. It first takes you on a mindful walk to collect objects with an audio guide. The step-by-step instructions explain how to use cyanotype paper to make beautiful prints. They also encourage a reflection on the creative process. Included are quality blank cards and envelopes for gift giving.

It is suitable for everyone regardless of the level of art skills. It can be used by families with children or individuals of all ages.

Available to order from the [charity website](#).



Studio Press Shots [\[Larger image\]](#)

[Link to SU Images, Video and SU logo](#)

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