



Home is Where the 'ART is!, is a body of work exploring the concept of Home produced by people attending Action Mental Health's New Horizons Southern Services.

Home is Where the ART is! is funded by the Arts Council for NI's **Rural Engagement Arts Programme**

Home is Where the 'ART is! brought people together to extend their social networks, improve their connectedness and reduce the common problem of isolation which, often, accentuates negative mental health symptoms. Self-care through art was achieved through its, well established, therapeutic values and the natural peer support nurtured through participation. Each piece of artwork gave its creator the opportunity to express themselves and communicate with others; family, friends, their wider community positive mental health messages which in-turn helps to reduce the existing, unhelpful stigma surrounding mental ill health that prevents people from accessing the support they need to stay well. This benefit applies to all people, not just direct participants, as the project promotes the principles of normalisation.

*Your home will always be the place for which you feel the deepest affection, no matter where you are*

**Works will be on display in Newry Library From Feb 14 2025**

**Enjoy the Exhibition & Look After Your Mental Health**

