

Webinar: Mental Health, Well-being and International Cultural Mobility

Programme & Speakers' bios of the Mobility Webinar:

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Policy documents

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Cicerchia, A. (January 2023). Youth, Mental Health and Culture - Brainstorming Report. Voices of Culture, Goethe-Institut: Brussels:

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<https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=celex%3A32019L1158>

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European Commission (7 June 2023). Communication from the Commission to the European Parliament, the Council, the European Economic and Social Committee and the Committee of the Regions on a comprehensive approach to mental health. Brussels:

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KEY RESOURCES

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<https://apps.who.int/iris/bitstream/handle/10665/329834/9789289054553-eng.pdf?sequence=3&isAllowed=y>

Fancourt, D., Warran K. and H. Aughterson (2020): Evidence Summary for Policy: The role of arts in improving health & wellbeing. Report to the Department for Digital, Culture, Media & Sport. University College London: London:

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OECD/European Union (2022), Health at a Glance: Europe 2022: State of Health in the EU Cycle. Paris: OECD Publishing:

https://health.ec.europa.eu/state-health-eu/health-glance-europe_en

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World Health Organisation (2022), Arts and Health: Supporting the Mental Well-being of Forcibly Displaced People. WHO Regional Office for Europe: Copenhagen:

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Reports / Books / Articles

Baltà Portolés, J. (June 2021). Dance and Well-being, review of evidence and policy perspectives. Barcelona: EDN:

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ENCC (June 2022). BRUISED, EXHAUSTED AND BURNT-OUT: A discussion about regenerative approaches to human resources in cultural centres. Brussels: The European Network of Cultural Centres:

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GROGUHÉ, M. (24 January 2023): 'Artistes épuisés, tournées annulées'. Montréal: La Presse:

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O'Donnell, H. (20 March 2022). 'The Unseen and Continuing Waves of the Pandemic for Musicians'. Hong Kong: Interlude:

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Zbranca, R. and Kiss, K. (2022), The CultureForHealth Report - Scoping review of culture, well-being and health interventions and their evidence, impacts, challenges and policy recommendations for Europe. CultureForHealth. Brussels: Culture Action Europe:

<https://www.cultureforhealth.eu/app/uploads/2022/11/CultureForHealth-Report-Summary.pdf>

Guides / Toolkits

Dâmaso, M., Dowden, S., Smith, C. (2023). Compendium of sustainable culture-based solutions for well-being and health. CultureForHealth. Brussels: Culture Action Europe:

https://www.cultureforhealth.eu/app/uploads/2023/06/C4H_Compndium_V2LP.pdf

Well-being Residency Network (2021). Wellbeing Residency Handbook. Riga: Well-being Residency Network:

<https://www.wellbeingresidency.net/resources/publication-43025016>

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Examples of initiatives & projects

'**CultureForHealth**' was a combined effort of local and regional actions in Europe that are growing awareness about the critical role of culture and the arts in improving health and well-being at both the individual and collective level.

As such, CultureForHealth responds to the objectives of the Preparatory Action – Bottom-Up Policy Development for Culture & Well-being in the EU. The project had the ambition to trigger a true policy change in the EU reflecting both regional and local levels - bringing closer together the health, cultural and social policies.

<https://www.cultureforhealth.eu>

'HARP - Health, Arts, Research, People' explored how we can generate, grow and learn about creative innovations that support people's health and wellbeing. It was an innovation and research partnership between Arts Council of Wales, Nesta and Cardiff University's 'Y Lab'.

<https://healthartsresearch.wales/about-harp>