

Going to art therapy

A story about seeing an Art Therapist.





First, you will wait in the waiting room.

You can do many activities in the waiting room.



In art therapy, you can draw or paint, build things or you can play with clay.

This can help you to feel calm and have fun.

**In art therapy, you
can talk about lots
of things.**

**You can talk about
how you're feeling
and what you're
thinking.**

**Your Art Therapist might
ask you questions to
learn more about you
and what you like.**

*A parent or family
member can come with
you if you feel nervous.*



**You might talk about things that are bothering you
or about things that have happened to you.**

If you need to, you can say:

"I don't want to talk about that today"

You will see your
art therapist
once a week for a
short time.



Now you know more about
art therapy.

High Five!



Accessible information

If you need this information in another
format please tell a member of staff.



**We are no smoking or
vaping organisation**



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