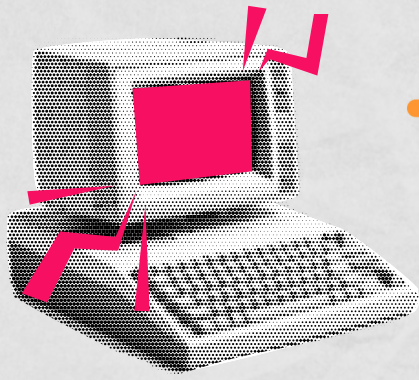




Inspiring Young Voices

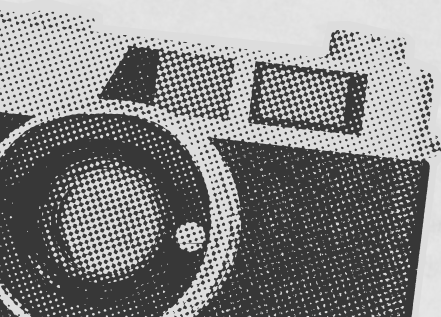
# ARTIVISM



EMPOWERING  
YOUNG PEOPLE  
TO EXPRESS  
THEIR VOICE  
THROUGH ART

# ART FOR MENTAL HEALTH

# HOW TO GET INVOLVED





# Who Are Inspiring Young Voices

We are a charity who support young people to speak up about what matters to them. We help you protect your rights, create positive change, and give you space to be heard.

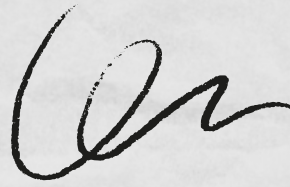
ART ⊕ ACTIVISM ≡ ARTIVISM

## What is Artivism?

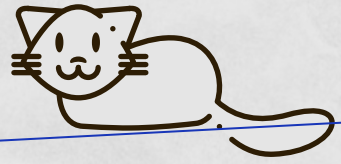
Artivism is a mix of art and activism. It's about using your creativity (like drawing, painting, and digital art) to speak up about things that matter to you. It helps people understand your experiences and ideas, and can inspire change in your community.

## What is the Artivism Project?

Our project wants to help young people under 25 (or up to 26 if care experienced) to express their experience of mental health and wellbeing through art. Your artwork will be exhibited across Highland, in real spaces and online. It will help adults, professionals, and communities understand what young people need to feel mentally well.



# What is Mental Health and Wellbeing?

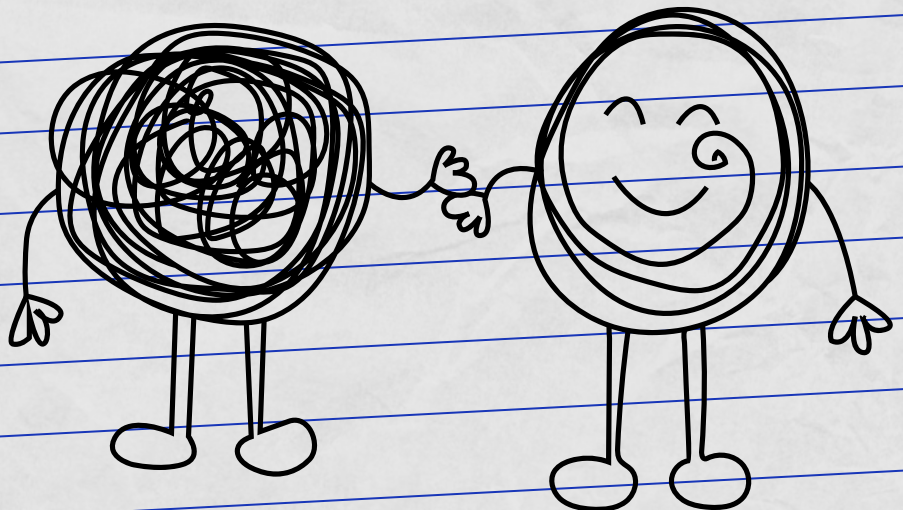
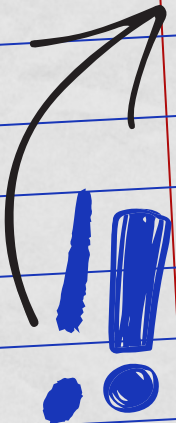


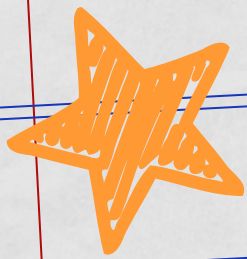
Mental health is about how we think, feel, and act. Just like physical health, we all have it, and it changes over your life time. From getting out of bed to trying new things, your mental wellbeing affects your energy, confidence, and ability to cope with challenges.

- Good mental health means you feel able to cope with everyday life, express your emotions, and enjoy things.
- Poor mental health might mean you feel overwhelmed, sad, anxious, or disconnected from others.

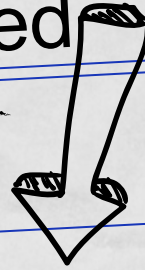


It's important to talk about how you're feeling and ask for support when you need it. It's also important that support is available to you and easy for you to use.





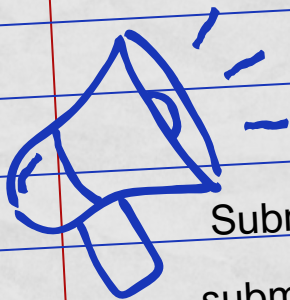
# How To Get Involved



1

## **Facilitated Art Sessions**

Join our 6-week creative workshops in Inverness or Kinlochleven.



2

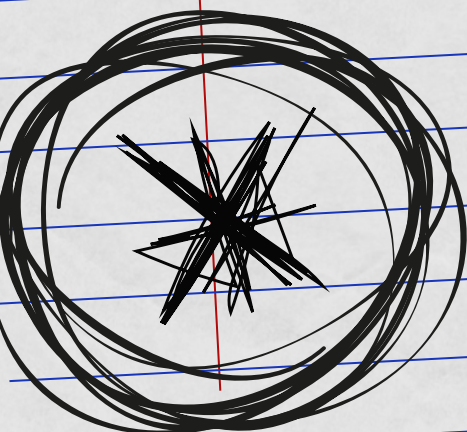
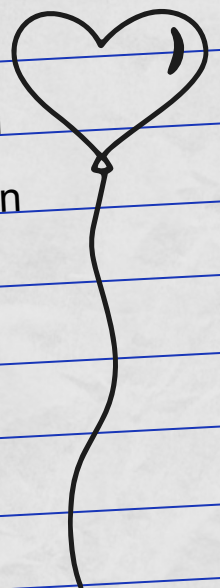
## **Open Call for Art**

Submit your own artwork independently. Instructions for submission and drop off points are included in this toolkit.

3

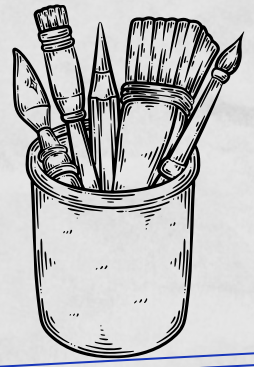
## **Attend an Exhibition**

Go to one of our local exhibitions or view the submitted artwork online. You'll have the chance to share your own thoughts and comments!



# 1

## Facilitated Art Sessions



### When and Where?



**Ballachulish:** Sundays Jan 18<sup>th</sup> - 22<sup>nd</sup> Feb

For 10-16 yrs - 10am - 12:30pm

For 17-25 yrs - 1:00pm - 3:30pm

**Inverness:** Fridays 16<sup>th</sup> Jan - 20<sup>th</sup> Feb

Friday sessions are for S1-S6 - 1pm - 3.30pm

Saturdays 17<sup>th</sup> Jan - 21<sup>st</sup> Feb

Saturday sessions are for 17-25 yrs - 10am - 12.30

To Book:

[info@inspiringyoungvoices.org](mailto:info@inspiringyoungvoices.org)

### What to expect...

These art sessions are a fun, creative and safe space where you can express how you feel and share your thoughts about mental health through art.

You'll be joined by other young people and supported by friendly Creative Therapists who are there to help you feel comfortable and confident. You don't need to be "good" at art, it's all about what you want to say.



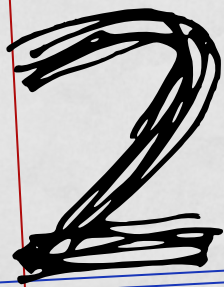
Anna McBride

Creative Therapist for  
Inverness

Creative Therapist for  
Ballachulish



Remi Martin

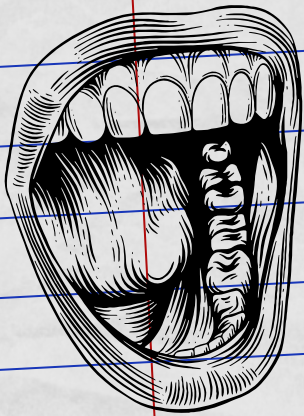


# Open Call for Art



Your Voice   Your Art   Your Mental Health

## Pick A Theme:



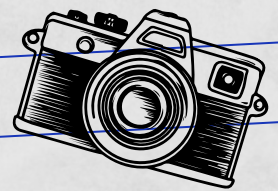
- ★ How I feel
- ★ What I do to support my mental health
- ★ What others can do to help me feel well

## How to Submit:

🌀 **Drop off your art** - to any Highlife Highland Library, where your piece will be exhibited in one of ten locations across the Highlands

🌀 **Email a photo or scan** - email your piece and it will be added to our online exhibition!

🌀 **Deadline for submissions** - 28<sup>th</sup> Feb 2026

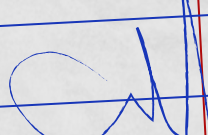


## The Details:

For any piece you submit please include the information section found at the back of this toolkit or on our website: [www.inspiringyoungvoices.org](http://www.inspiringyoungvoices.org) or in your local library.

You can stay anonymous if you wish - **your voice still matters!**

Art dropped off for exhibition cannot be returned. A4 size only please.



# 3

## Attend an Exhibition

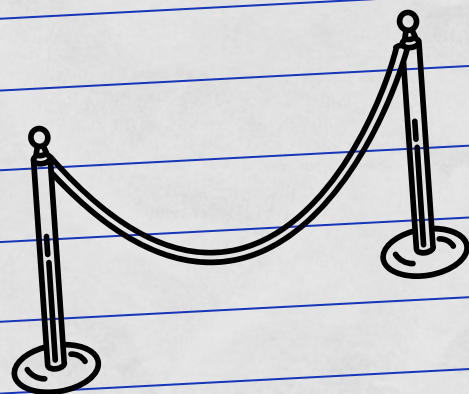
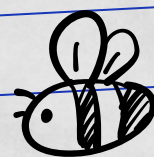


All submitted art will be exhibited in one of ten local Highlife Highland Libraries or online at our website: [Inspiringyoungvoices.org](https://inspiringyoungvoices.org)

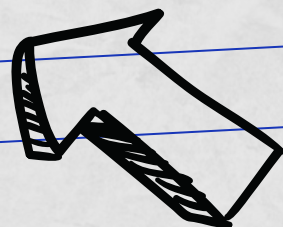
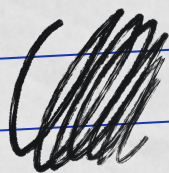
We will link your art to your name (if you want us to) and to the comments you provide in your information sheet, so people can see and read what you have to say. Exhibitions will run from March - May 2026.

### Exhibition Libraries:

- Inverness: Community Room – IMAG
- Badenoch and Strathspey: Kingussie Badenoch Library
- Lochaber: Fort William Library
- Caithness: North Coast Visitor Centre
- Mid-Ross: Dingwall Library
- Easter-Ross: Alness Library
- Sutherland: Brora Library
- Skye and Lochalsh: Portree Library
- Nairn: Nairn Library
- Sutherland West Coast: Kinlochbervie



You can also have the opportunity to meet with decision makers to make sure your voice shapes future mental health services!





# Making Change Happen

Your art isn't just for display, it's the start of something bigger!

1

## Your Voice Sparks Change

The people who make decisions about mental health services will see your art and hear your ideas. We will collect feedback from communities and policy makers about what you've shared.

2

## Workshops with Decision Makers

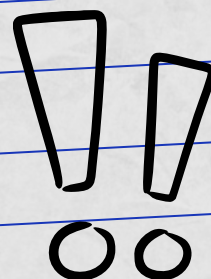
You have the opportunity to go to special workshops and talk directly to professionals either in Inverness or Fort William.

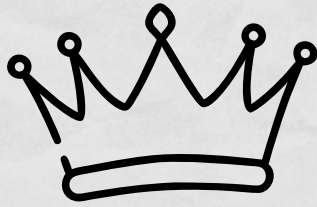
Together, we'll create an ACTION PLAN, with real steps to make mental health support better for young people across the Highlands.

3

## Keeping You in the Loop

We'll share updates with you about what's changing because of your voice. We'll also check in at 6 months and 1 year to see how the Action Plan is working.





# Your Rights & Safety

We want you to feel safe and respected while taking part.

Here's what you need to know:

## Your Rights

**Your Voice Matters** - you have the right to share your thoughts and ideas

**You Can Say No** - if you don't want to answer a question or take part in something, that's ok.

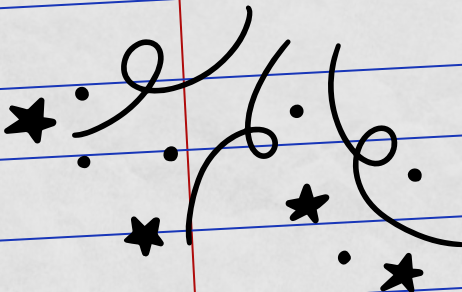
**You'll be Kept Informed** - We'll tell you how your art and ideas are being used.

## Your Safety

**Your Identity is Protected** - art can be anonymous, and any details you give (like your age or postcode) are for our admin purposes only. We will only contact you if you say it's ok for us to do so.

**Safe Spaces** - our sessions are run by trained Creative Therapists who make sure everyone feels comfortable

**Child Protection** - we follow strict safeguarding policies which can be found on our website: <https://www.inspiringyoungvoices.org/about-us/safeguarding-children-and-young-people/>



**Support**



**Mikeysline**



**Website:** [www.mikeysline.co.uk](http://www.mikeysline.co.uk)

**Textline:** 07786207755

**Whatsapp:** 01463 729000

**Webchat:** [www.mikeysline.co.uk](http://www.mikeysline.co.uk)

**Messenger:** [www.facebook.com/Mikeysline](https://www.facebook.com/Mikeysline)

**Available:** Sunday to Thursday 18:00 - 22:00

Friday & Saturday 19:00 - 07:00

**Face to Face / Online / Telephone Appointments:**

<https://oursupport.mikeysline.co.uk/appointments>

**Ewens Room**



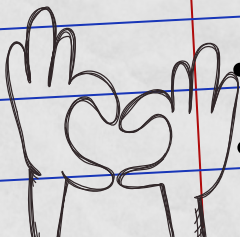
**Website:** [www.ewensroom.com](http://www.ewensroom.com)

**Contact:** 01967 401130

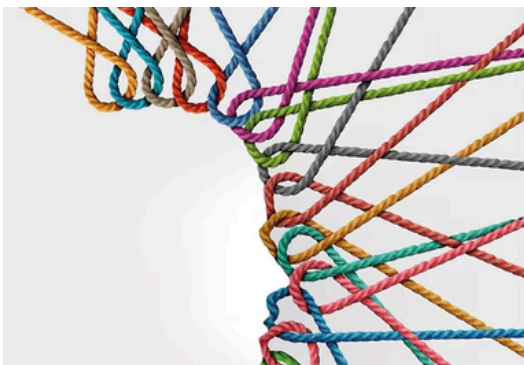
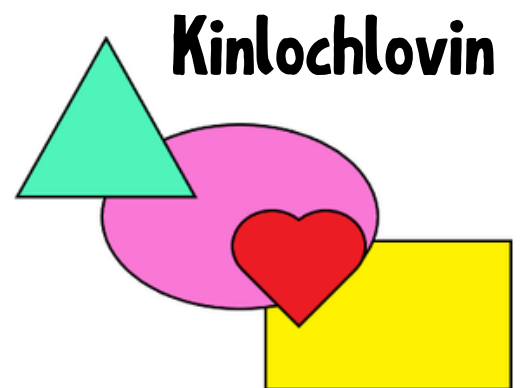
**Facebook:** [www.facebook.com/ewensroom](https://www.facebook.com/ewensroom) **Email:** [info@ewensroom.com](mailto:info@ewensroom.com)

**Open Door Sessions:**

- Fort William, Library, Tuesday 10.30 to 12.30 PM
- Acharacle, Community Centre, Wednesdays 11 AM to 1 PM
- Mallaig, Library, Wednesdays 10.30 AM to 12.30 PM.
- Arisaig, Astley Hall, Thursday 10 AM to 12 PM
- Strontian, Sunart Centre, Thursdays 11 AM to 1 PM
- Kinlochleven, Library, Fridays 10.30 AM to 12.30 PM



# With Thanks To Our Partners And Funders



Highland  
Communities Mental Health  
& Wellbeing Fund for Adults



# Information Form

Please print this form off and attach it to any piece of art you submit in person. You can submit your art to any Highlife Highland Library.

A copy of this form can be found on our website at

[www.inspiringyoungvoices.org/Artivism](http://www.inspiringyoungvoices.org/Artivism) to download and attach to any art submitted via email.

|                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Your Name (optional)                                                                                                                                                  |
| Title of your piece:                                                                                                                                                  |
| Your age:                                                                                                                                                             |
| First part of your Postcode:                                                                                                                                          |
| Your gender (optional):                                                                                                                                               |
| Would you like to be involved in The Decision Maker Workshops?<br>Yes <input type="checkbox"/> No <input type="checkbox"/><br>If Yes, please provide a contact email: |
| Please indicate which theme you picked for your art:<br>1) How I feel<br>2) What I do to support my mental health<br>3) What others can do to help me feel well       |
| Tell us about your art piece:                                                                                                                                         |

**Website:** [www.inspiringyoungvoices.org](http://www.inspiringyoungvoices.org)

**Email:** [info@inspiringyoungvoices.org](mailto:info@inspiringyoungvoices.org)

**Address:** New Start Highland Office, 9 Carsegate Road, Inverness, IV3 8DU