



Interreg
Baltic Sea Region



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Arts on Prescription

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<https://interreg-baltic.eu/project/arts-on-prescription/>

Arts on Prescription in the Baltic Sea Region

Regular participation in arts and culture activities can prevent and alleviate mental health conditions such as stress, depression and anxiety. This is the idea behind Arts on Prescription programmes that are organised jointly by public health authorities and culture and arts actors to improve the mental well-being of citizens.

Seven regions and municipalities in the Baltic Sea Region pilot the concept and provide guidance for public authorities and practitioners on how to set up, organise, evaluate and finance Arts on Prescription programmes.

This #MadeWithInterreg project helps drive the transition to a green and resilient Baltic Sea region.

Organisations from the following countries cooperate together to make that happen:

Denmark, Germany, Latvia, Poland, Sweden, Finland,
Lithuania

