



Arts on Prescription in Bremen

An inclusive model at Bremen vhs

The #ArtsOnPrescription programme in Bremen follows an **inclusive model** in which participants join art courses from the regular cultural programme of the Bremen vhs (adult education centre). Accompanying group sessions provide space to reflect on the artistic experiences and their effects on mental health and well-being. The art courses include areas such as singing, drawing, painting, and creative writing.

The programme is aimed at adults experiencing mental health challenges such as depression, anxiety, stress, or loneliness.

They can receive an **art prescription** from their doctor or psychotherapist, for example. For participants referred through a prescription, the programme is free of charge.



KUNST AUF REZEPT

*A safe space for
interaction and
strengthening
resilience*

“Singing and other artistic activities are good for you and make you happy. There is a lot of potential in this and I am pleased that this is recognized by the project.

Stefanie Lubrich, art facilitator at Bremen vhs

Link workers are the main contacts for AoP participants, providing initial information, guidance on course selection, and leading group sessions for reflection and support. They are qualified to work with individuals facing mental health challenges, for example as art therapists or recovery guides.

Arts on Prescription / Kunst auf Rezept in Bremen

<https://www.vhs-bremen.de/kunst-auf-rezept/>





Arts on Prescription in Bremen

A new path for cross-sectorial collaboration

Mental health issues like depression, stress, and anxiety are rising, amid a strained outpatient care system. To address this, **alternative support** and **preventive approaches** are crucial. Arts and culture, in return, have a positive effect on many aspects of our lives, such as health and well-being.

#ArtsOnPrescription bridges health and culture, promoting existing community-based arts and cultural programmes - such as Bremen vhs art classes - as a complementary mental health resource. Over 70 local **referring institutions**, including GPs, psychotherapists, clinics, and advice centres, are already participating, with more expressing interest.



The initiative benefits both sectors:



For Health: Expands service options, eases system burdens, and promotes prevention.



For Culture: Highlights art's role in well-being, attracts new audiences, and creates funding opportunities.

Arts on Prescription
in the Baltic Sea Region



“Bremen vhs has always been active in both health promotion and cultural education. We are very pleased to be able to further develop this interface through the project.

Susanne Nolte, Deputy Director of Bremer vhs

