

# Join in. Feel better. Make art.

## Connect with Falling UP Living in Art



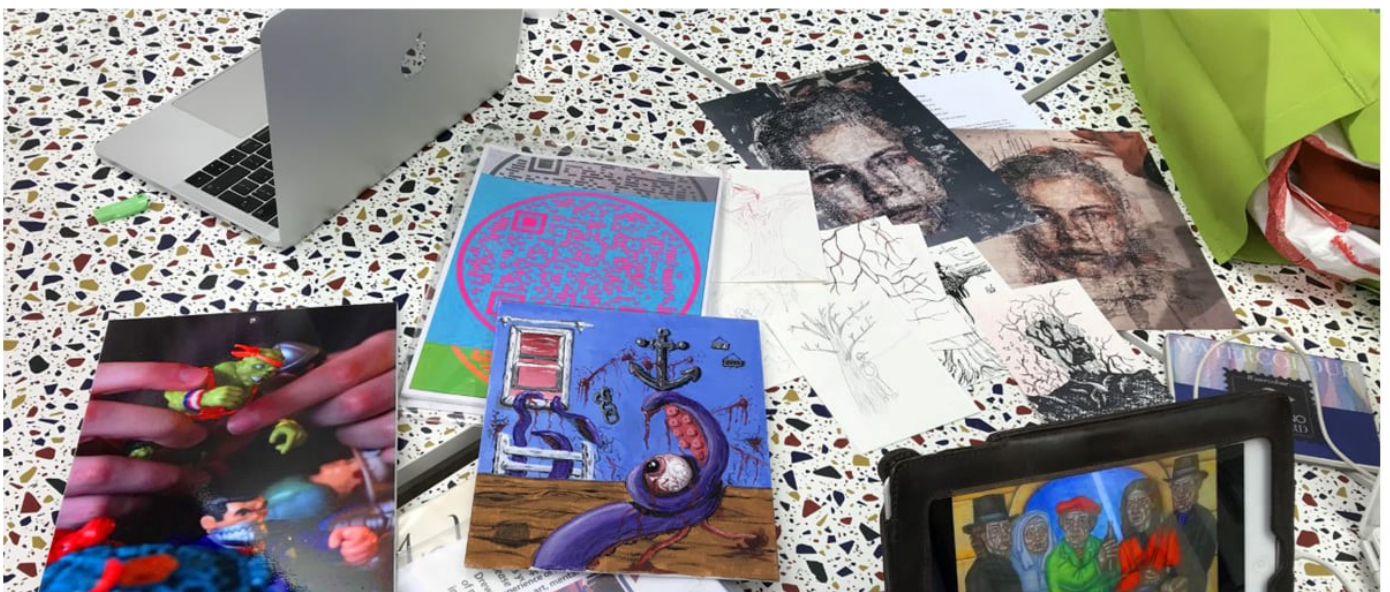
Provided through  
Falling UP Together (SCIO)



if you are interested please email  
[fallinguplivinginart@gmail.com](mailto:fallinguplivinginart@gmail.com)

Low mental health is something that can happen to any one of us no matter our age or life experience.

If you feel this might be you\* then why not contact Rab and Drew at *Falling UP Living in Art*? To start on your recovery pathway you can take part in a creative and social environment, where you will express your imagination and enjoy making art perhaps for the very first time, working at a pace that suits you



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\* or even if you're feeling well and want to stay that way



Artists Drew and Rab are a family team with lived experience of mental illness and recovery using a lifestyle of art collaborations within culture  
*to find out more please email* [fallinguplivinginart@gmail.com](mailto:fallinguplivinginart@gmail.com)

QUESTION: How many people in Scotland do you think suffer from Anxiety or Depression, according to Scottish Government data? For the answer P.T.O. this sheet.

From March 2022, we will be based one day per week in Silverburn Park, Leven—get in touch to register interest in joining in