

# Creative Health at a Glance

## Spotlight on: Severe Mental Illness (SMI)

The National Institute for Health and Care Excellence (NICE) recommend that arts therapies are considered for everyone who has **psychosis or schizophrenia** (13).



Combining art psychotherapy with pharmacotherapy for **Major Depressive Disorder** is significantly more effective in alleviating symptoms of depression and anxiety, improving interpersonal relationships, and increasing self-esteem (14).

Creative co-production work with people with SMI can significantly increase **uptake of annual health checks** from 10% to 60% (15).

