

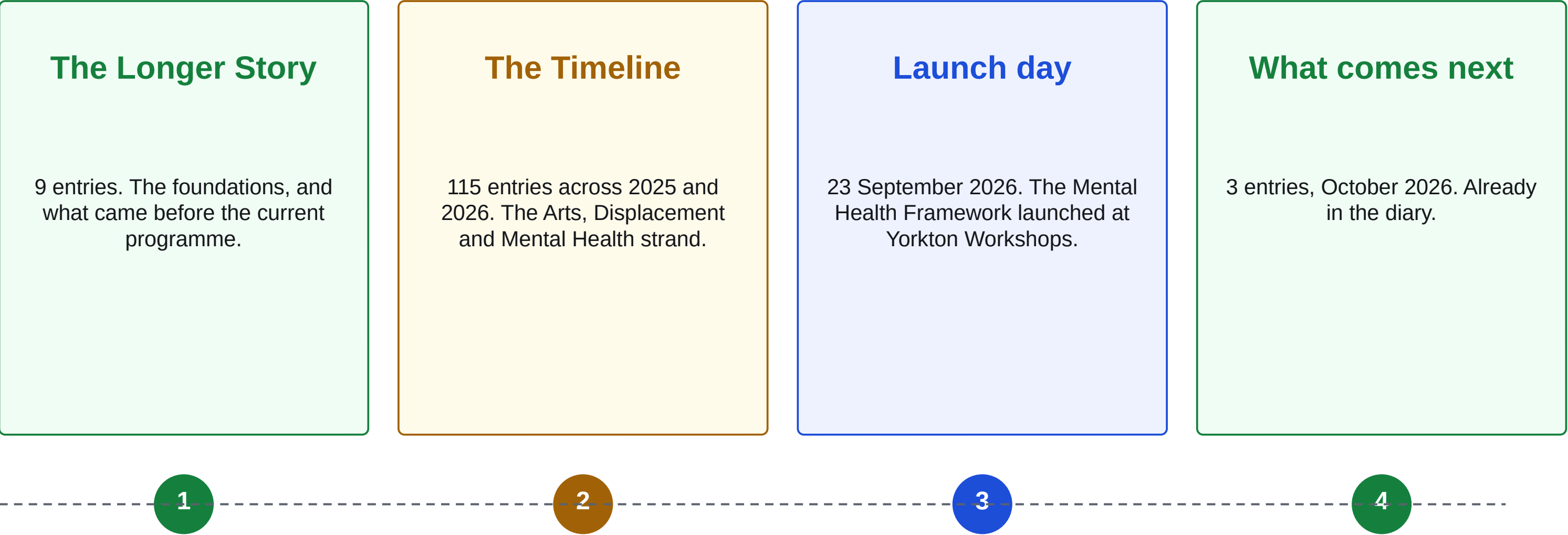
Mental Health and Arts

Impact Timeline

Counterpoints Arts · 2025 to 2026, with earlier highlights · 128 entries

A3 landscape, 420 × 297 mm. Print at 100%, no scaling, edge to edge if your printer allows it.

How to read this timeline



Each following sheet holds up to five moments. Dates run left to right.

Colour key

Each card is coloured by what kind of work it is. The same key is used on the wall-chart version of this timeline.

 Holding Space gatherings 10	 Research, frameworks and publications 15
 Blogs and artist writing 25	 Film and Counterpoints Productions 24
 Comedy 5	 Music, sound and radio 17
 Festivals and public programme 20	 Commissions, exhibitions and workshops 3
 Sector convenings and policy 4	 Programme 5

The numbers

128

moments documented across the strand and its foundations

19

NHS Trusts collaborated with on Embers of Care

5

Holding Space gatherings, across four nations

164

page research report, translated into a public piece and a guide

16

years from the 2010 launch to the Mental Health Framework

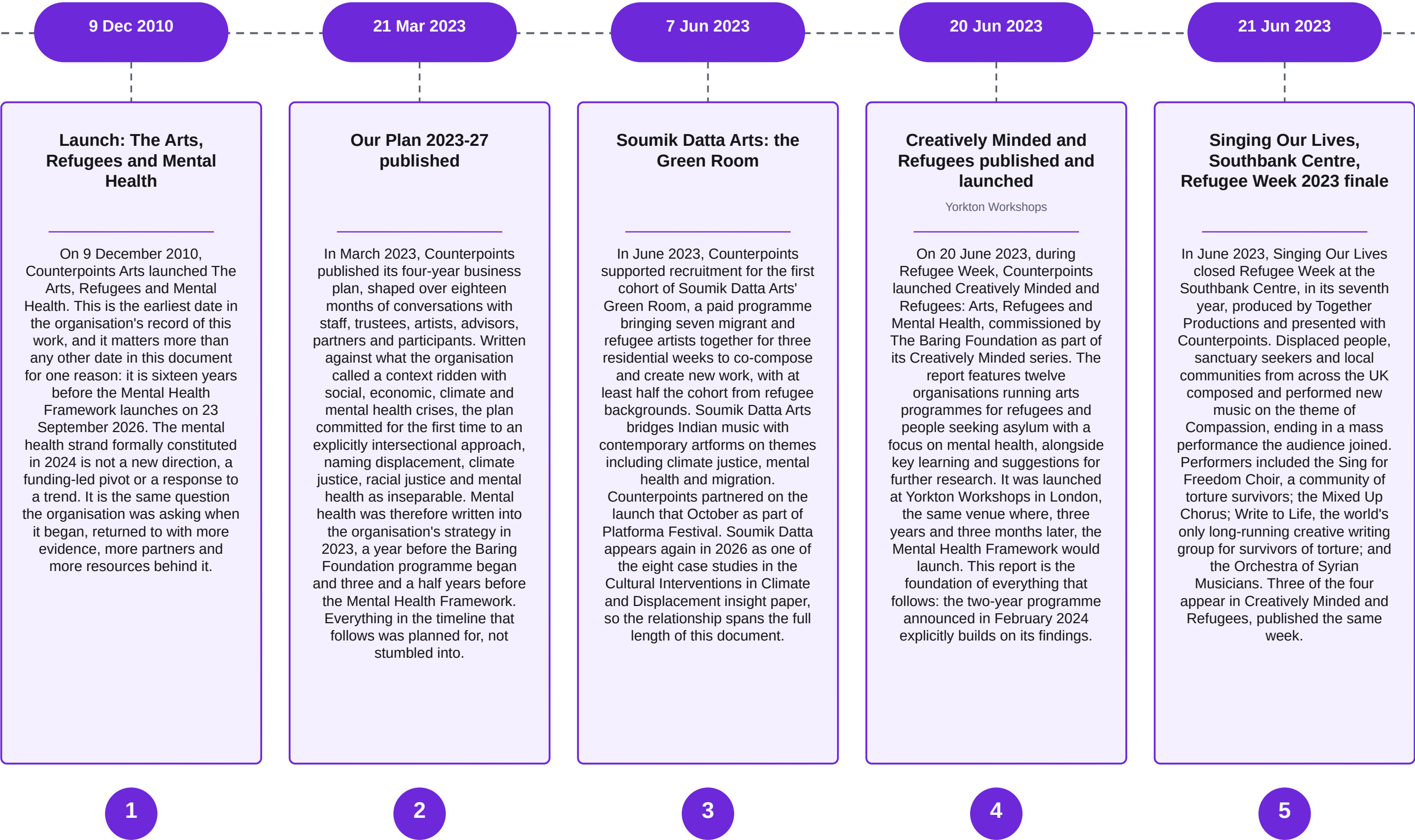
23 Sep

the Mental Health Framework launches at Yorkton Workshops

The Longer Story

The foundations · 9 moments

9 Dec 2010 to 21 Jun 2023



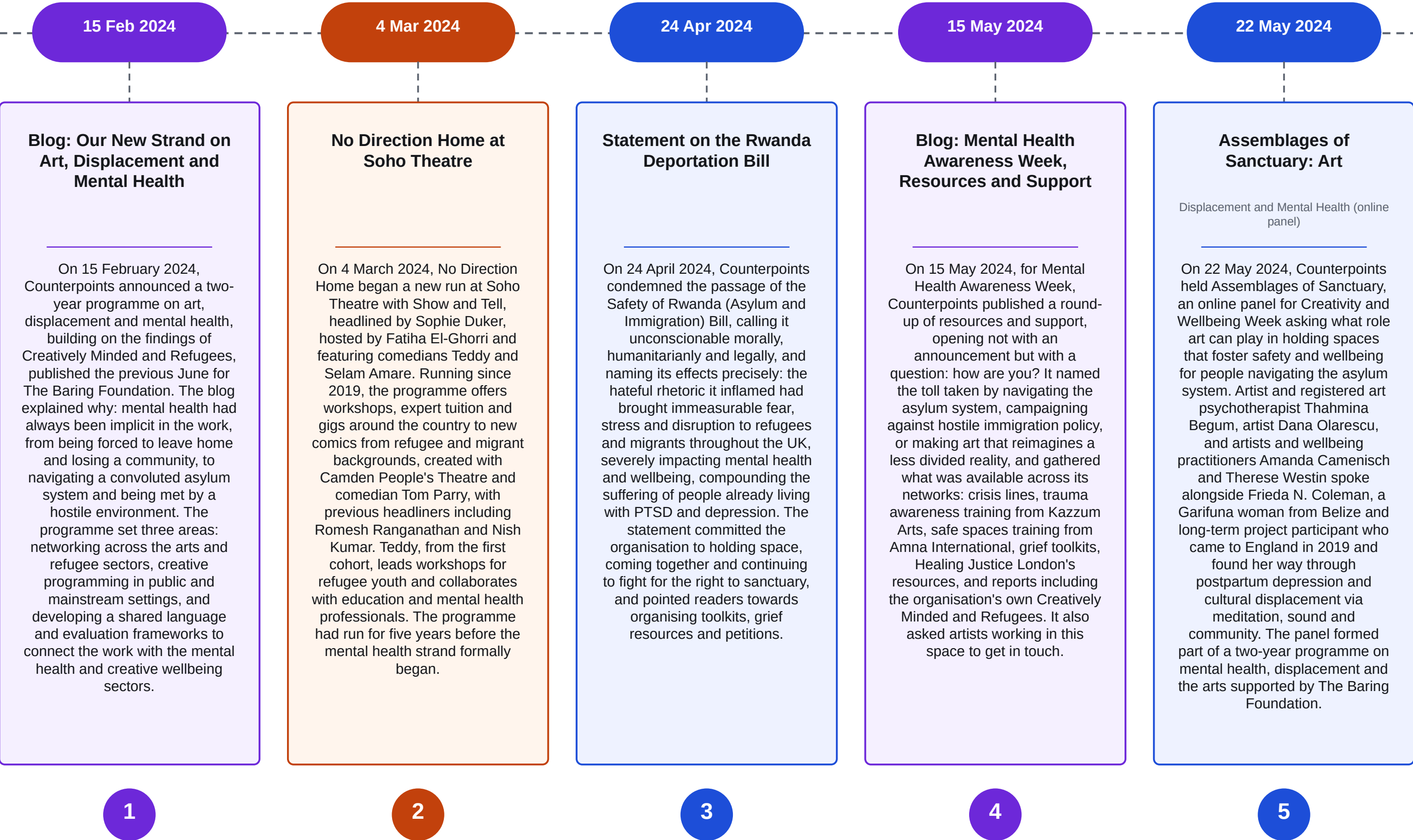
25 Jul 2023 to 25 Jan 2024



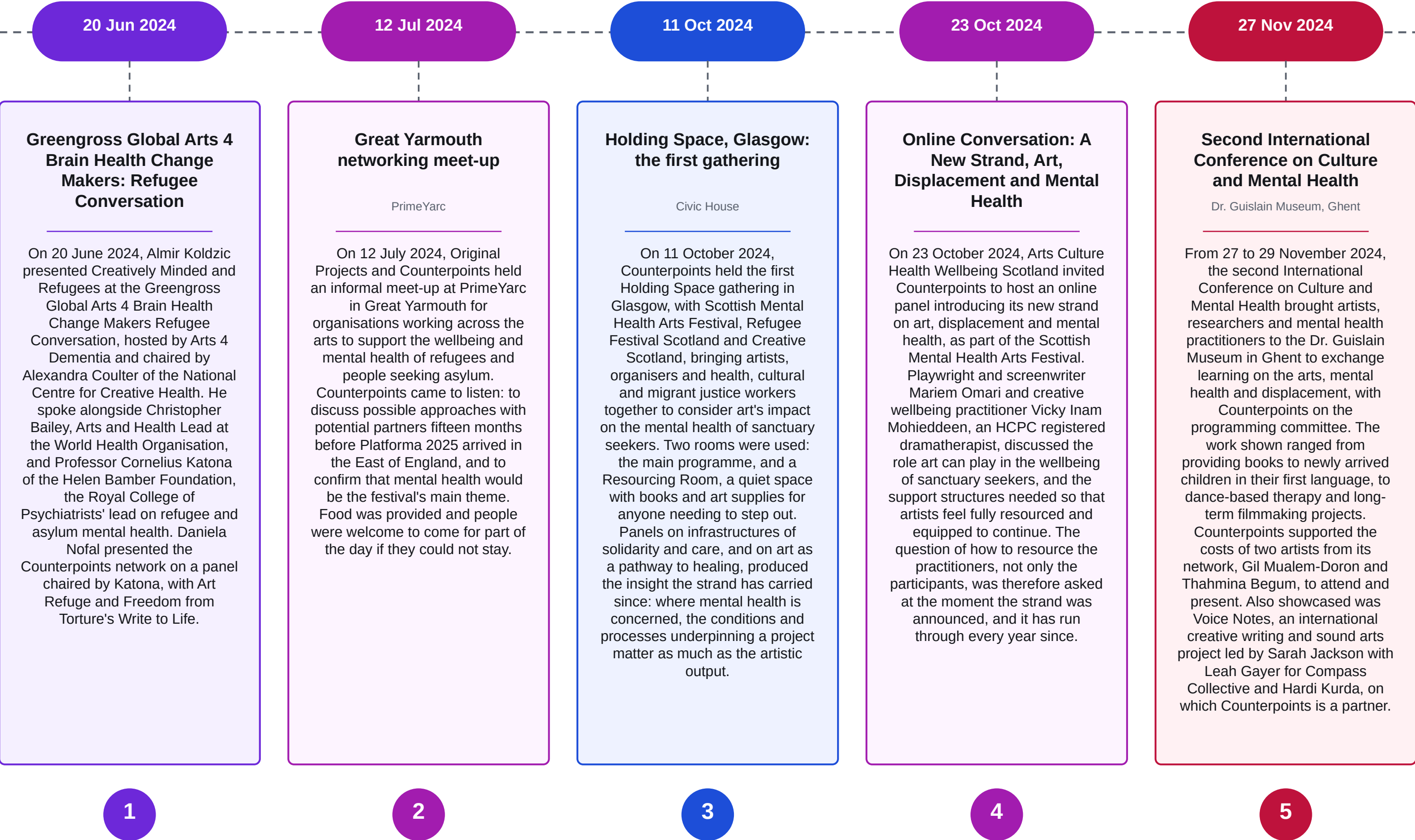
Timeline

2025 to 2026 · 115 moments

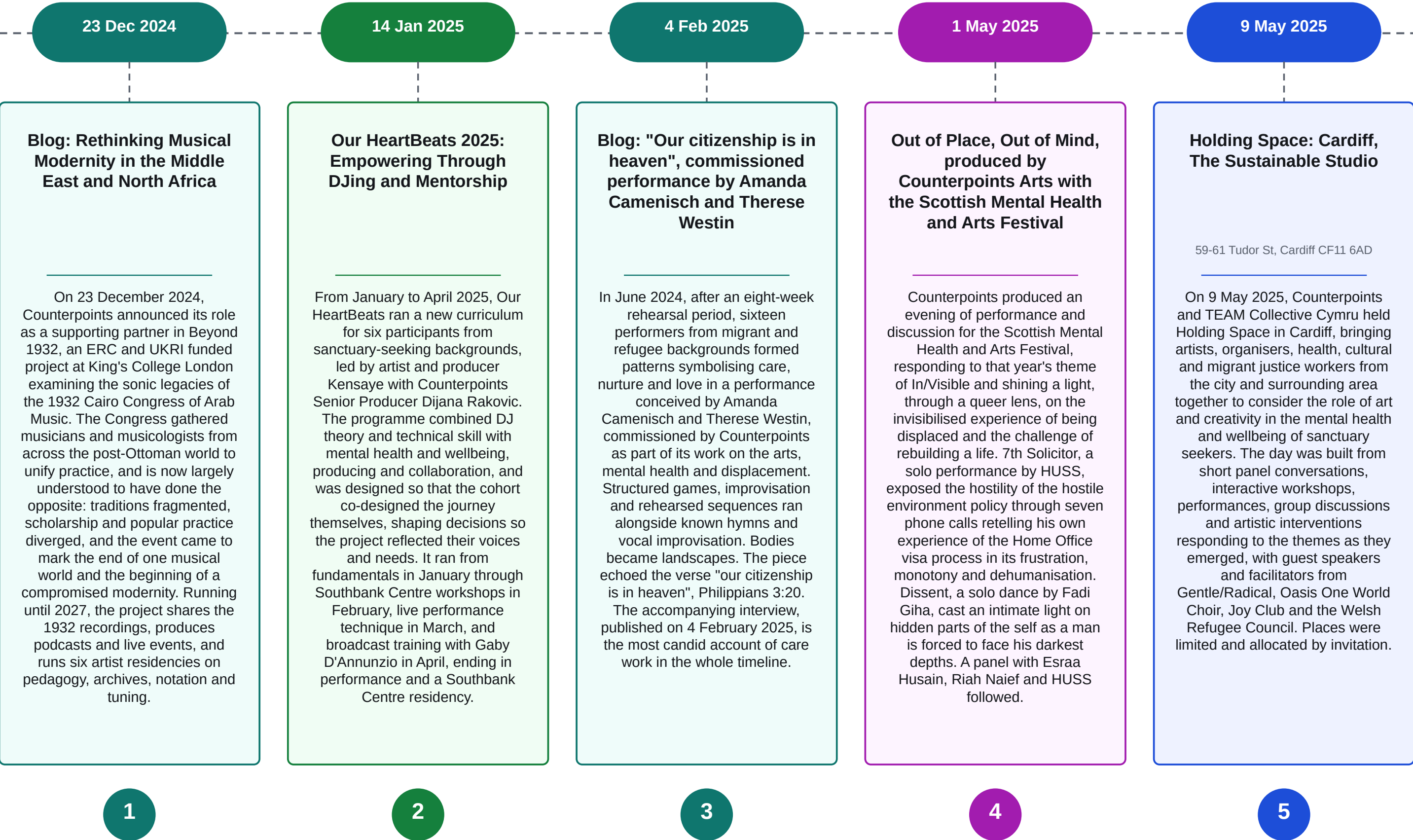
15 Feb 2024 to 22 May 2024



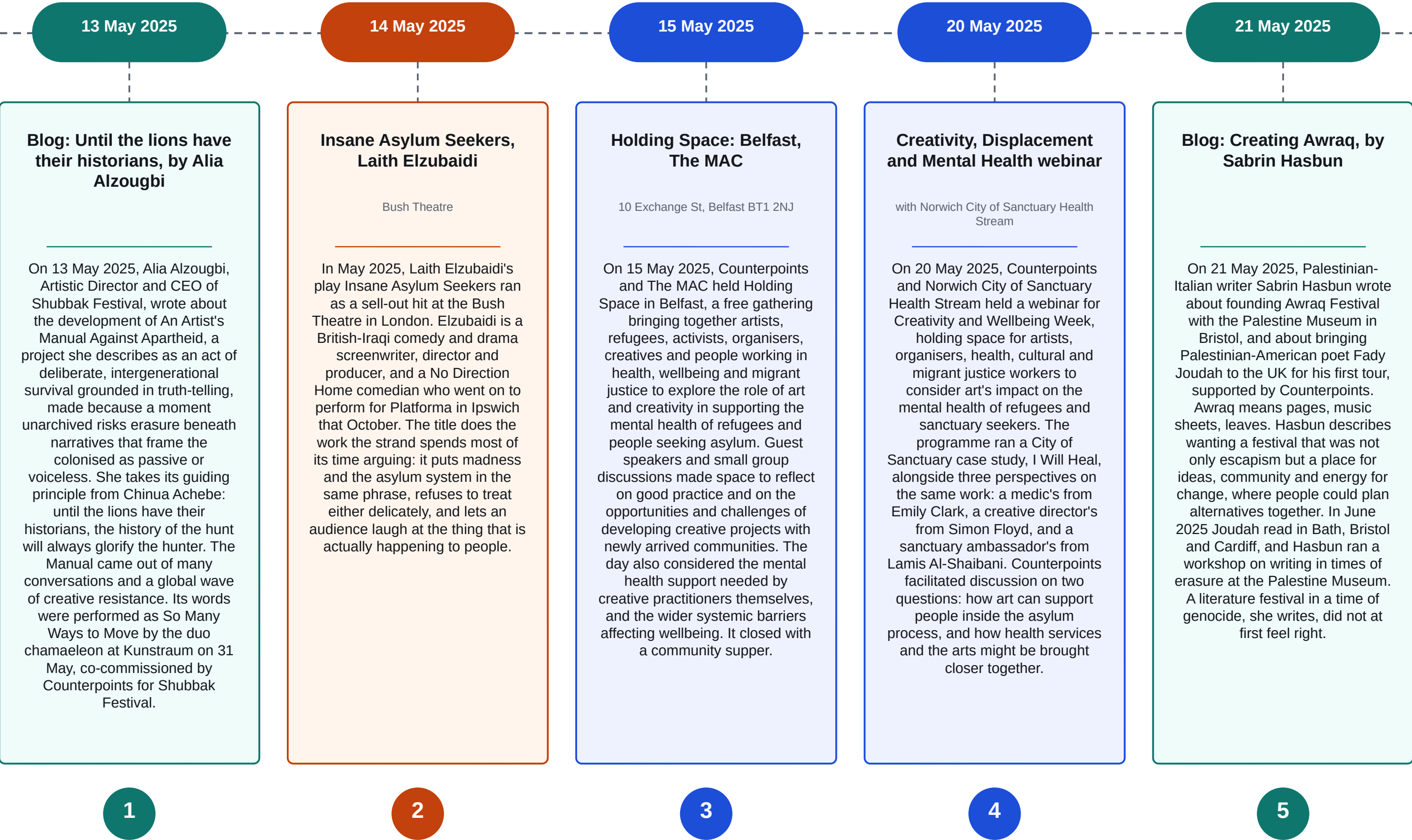
20 Jun 2024 to 27 Nov 2024



23 Dec 2024 to 9 May 2025



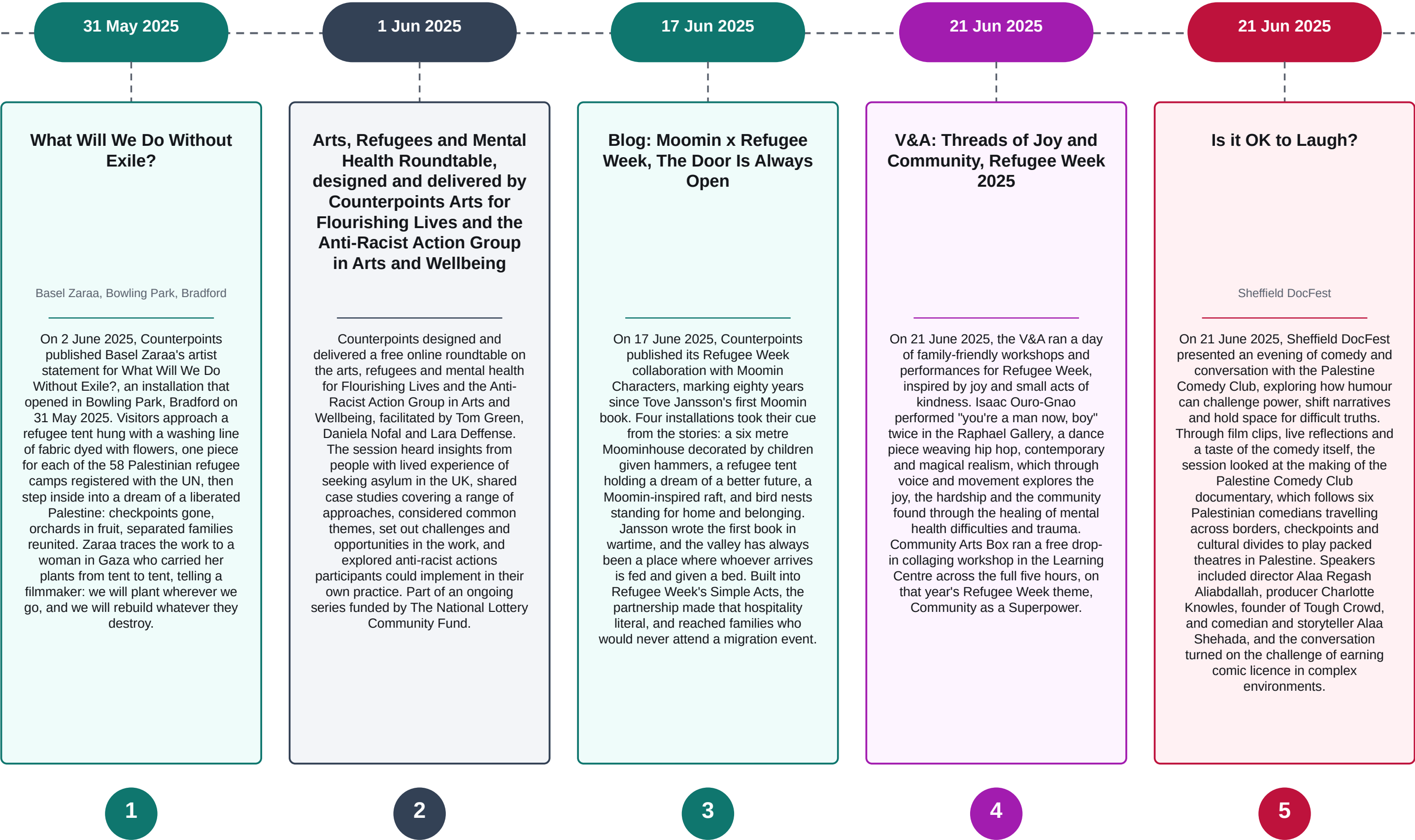
13 May 2025 to 21 May 2025



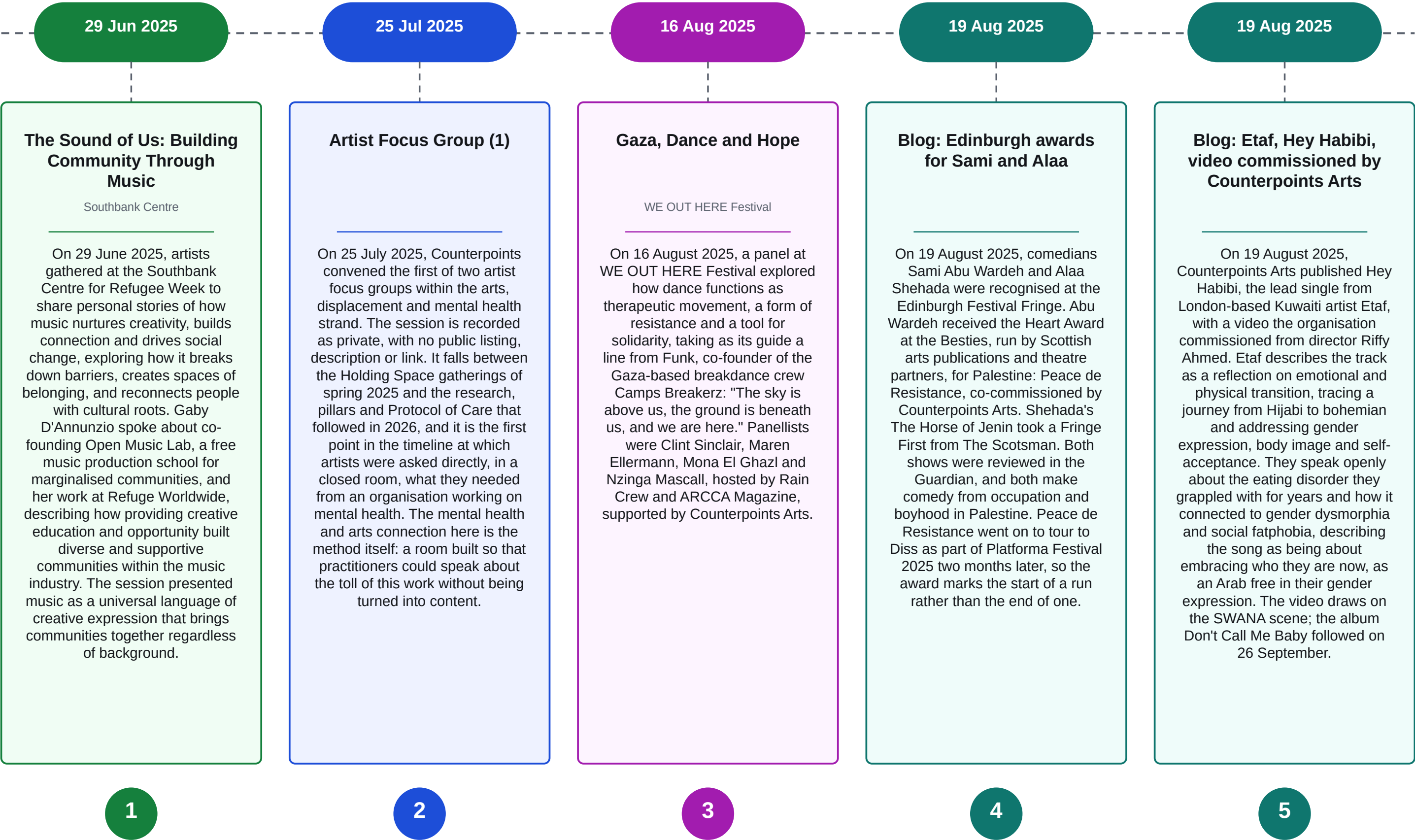
21 May 2025 to 25 May 2025



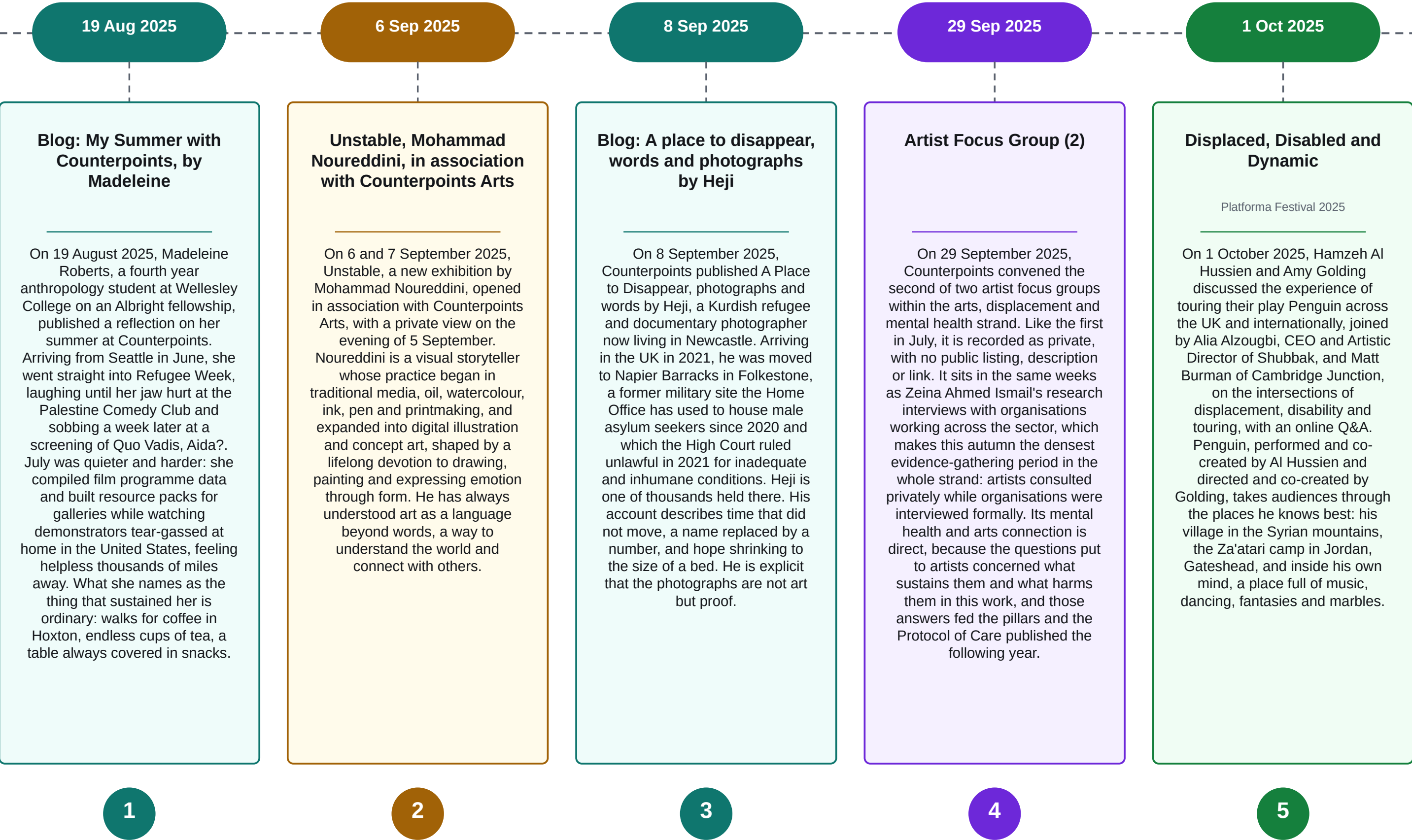
31 May 2025 to 21 Jun 2025



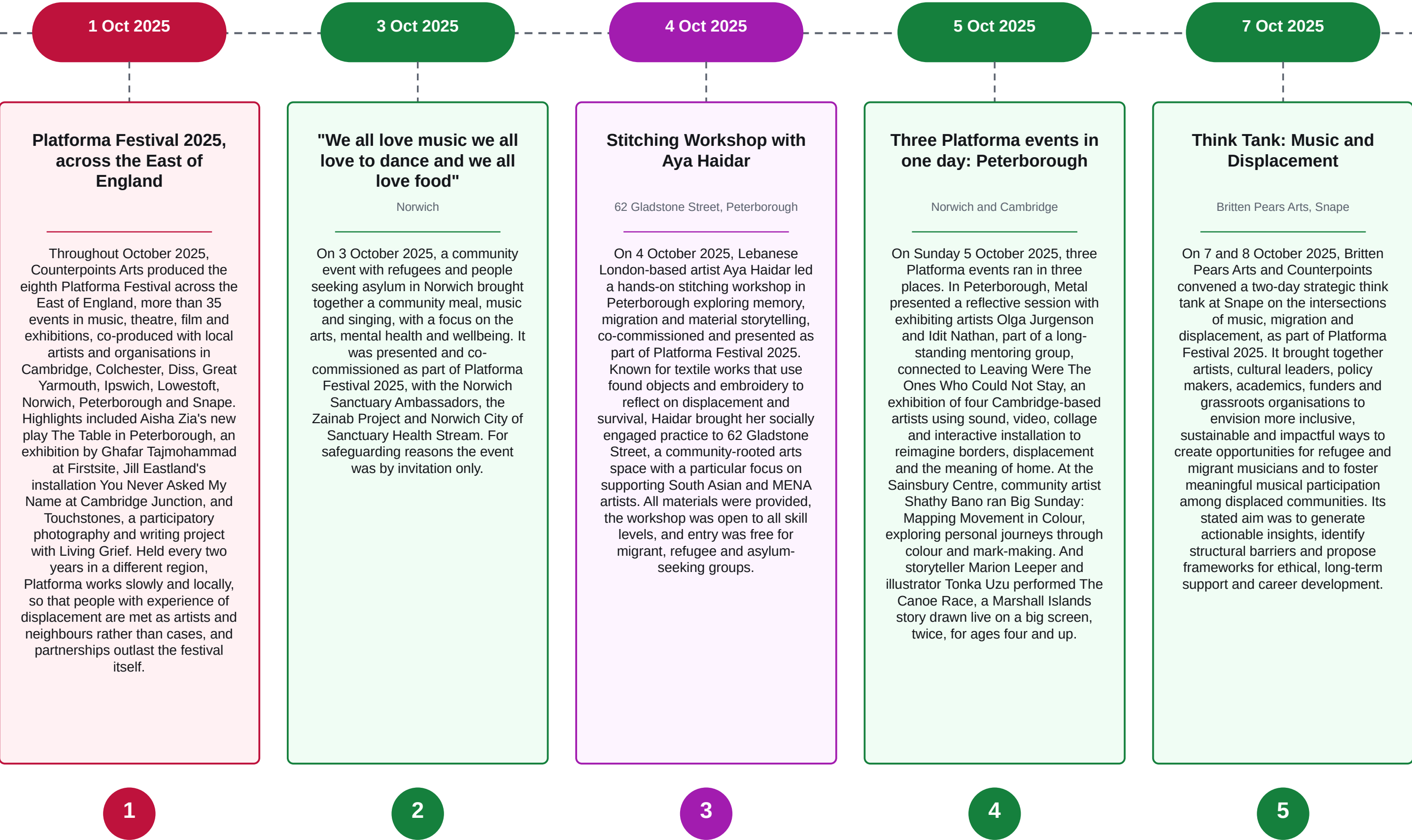
29 Jun 2025 to 19 Aug 2025



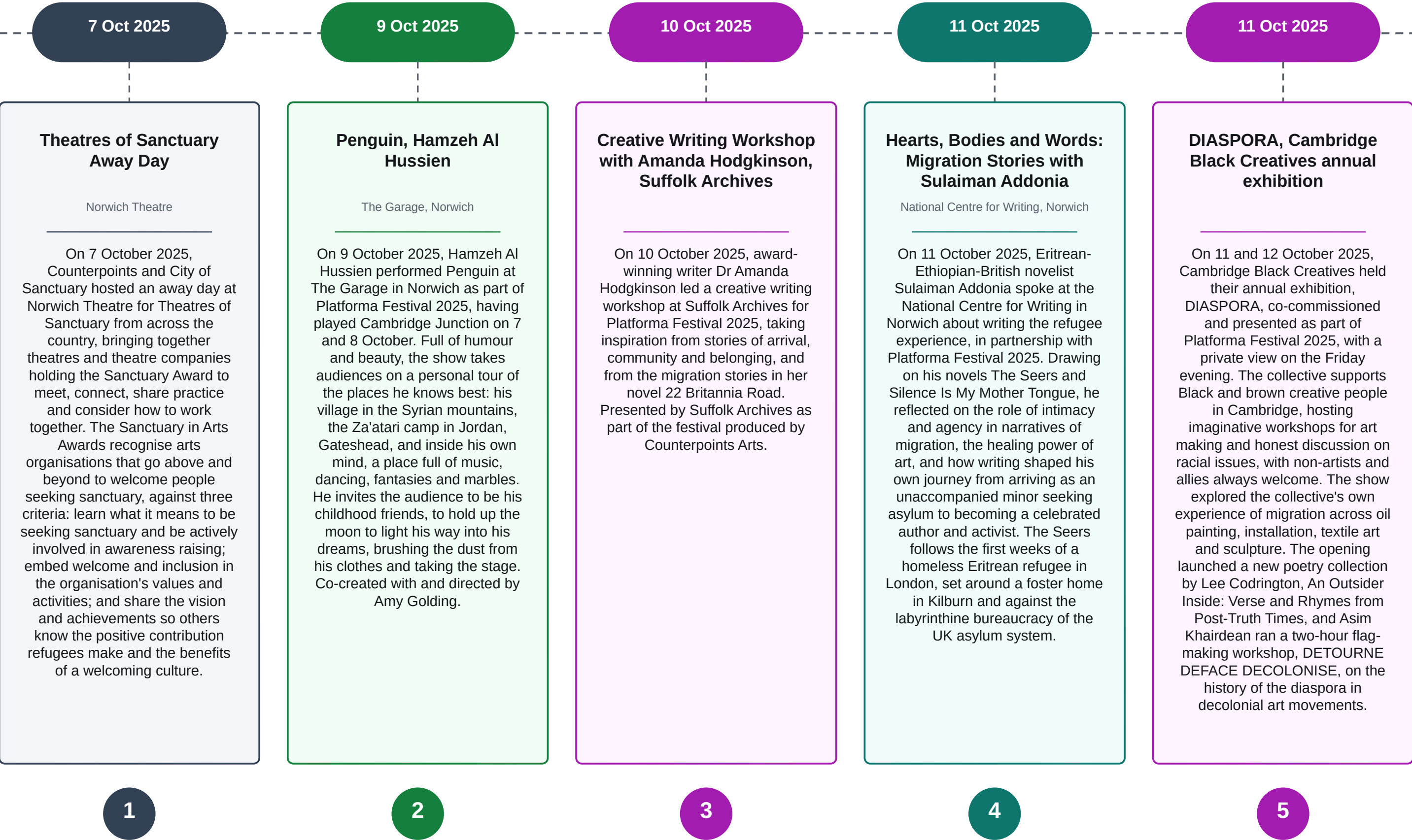
19 Aug 2025 to 1 Oct 2025



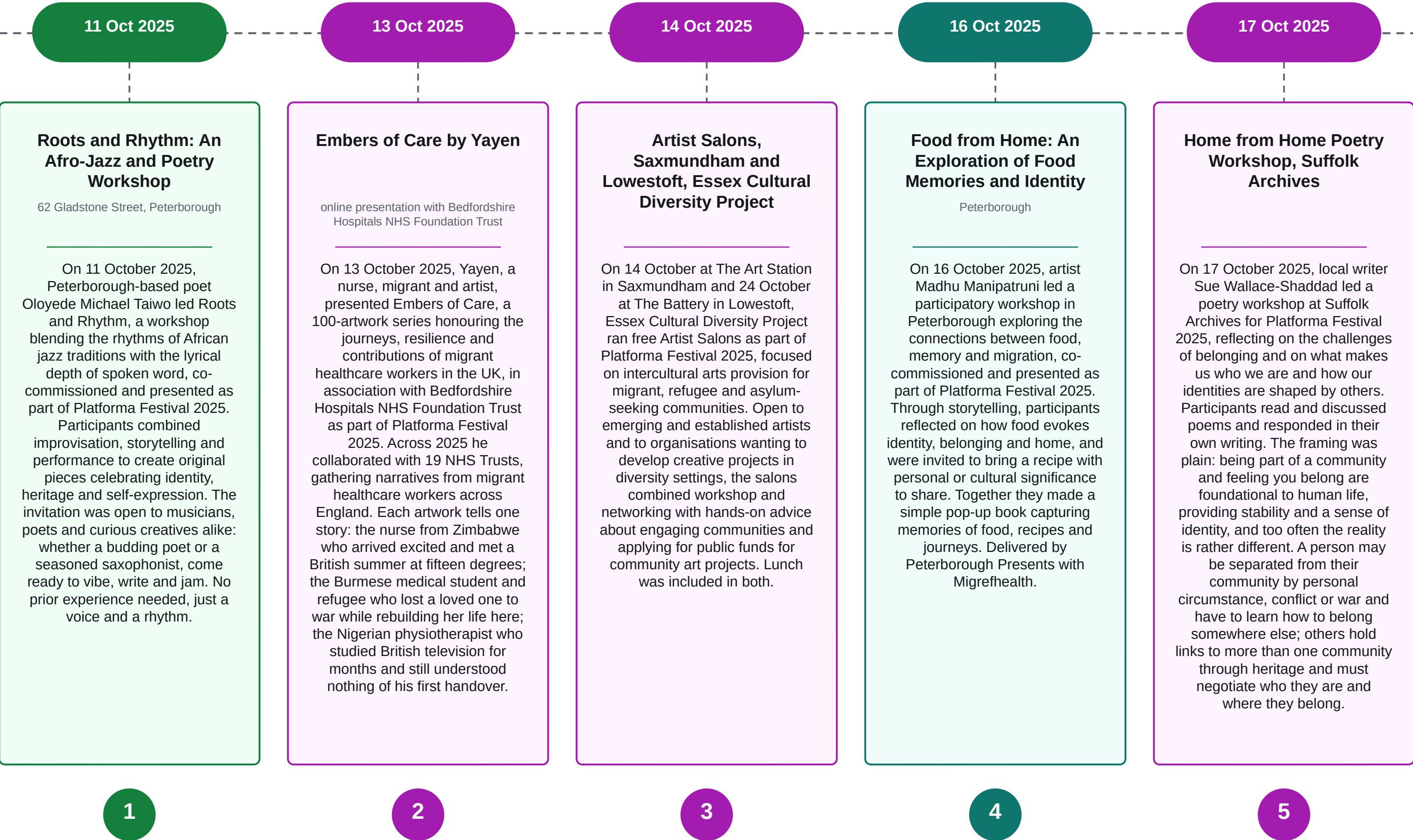
1 Oct 2025 to 7 Oct 2025



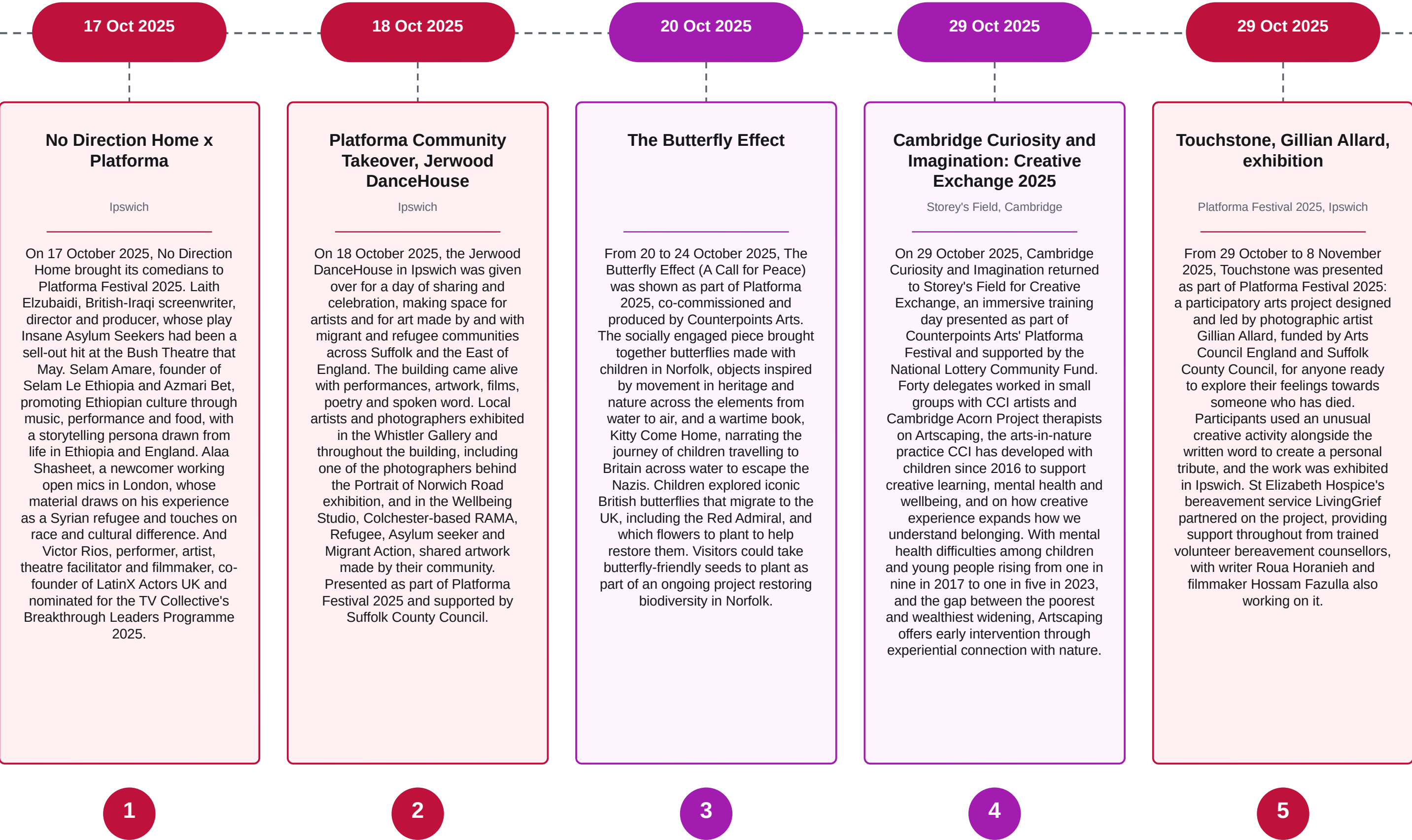
7 Oct 2025 to 11 Oct 2025



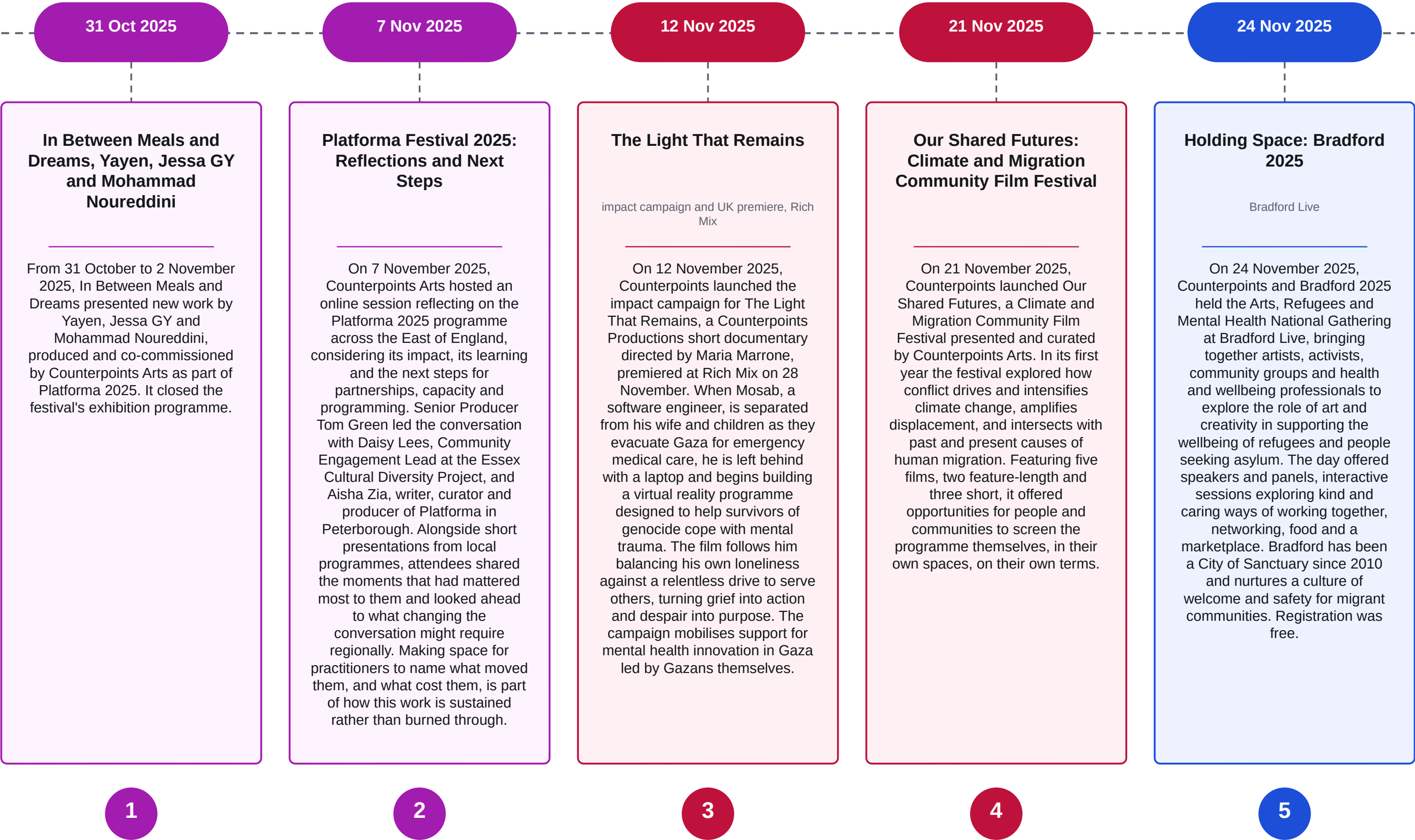
11 Oct 2025 to 17 Oct 2025



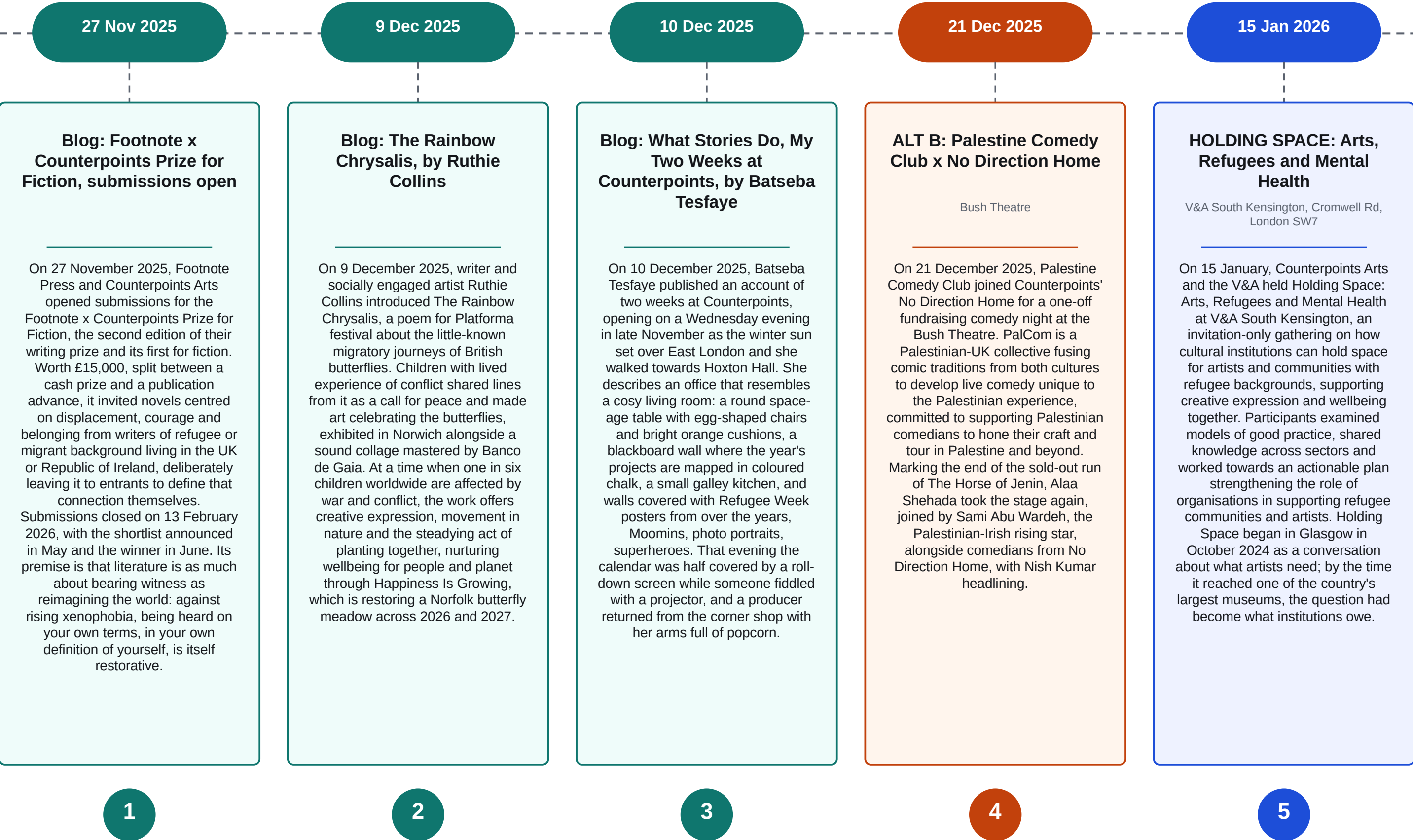
17 Oct 2025 to 29 Oct 2025



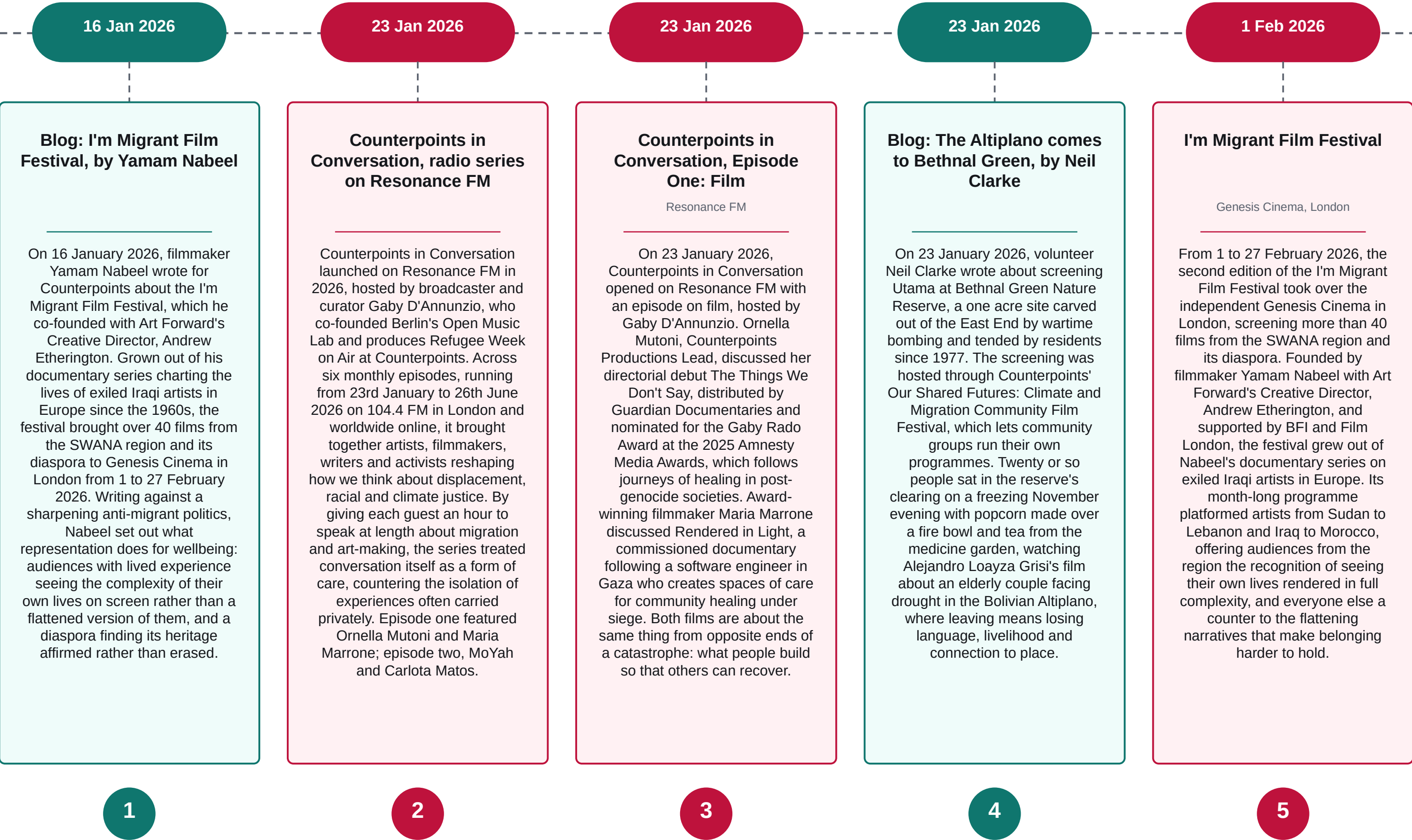
31 Oct 2025 to 24 Nov 2025



27 Nov 2025 to 15 Jan 2026



16 Jan 2026 to 1 Feb 2026



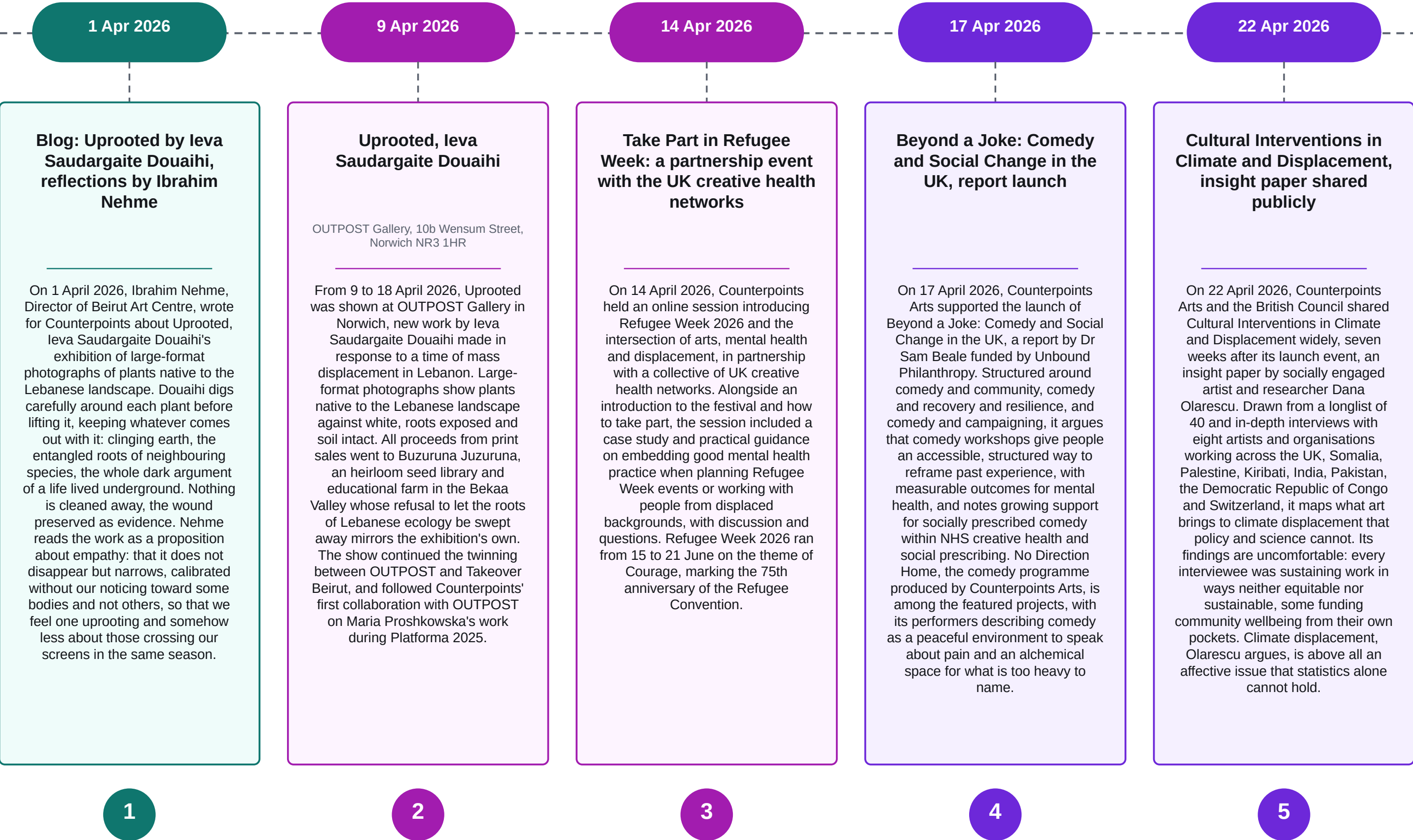
2 Feb 2026 to 27 Feb 2026



28 Feb 2026 to 22 Mar 2026



1 Apr 2026 to 22 Apr 2026



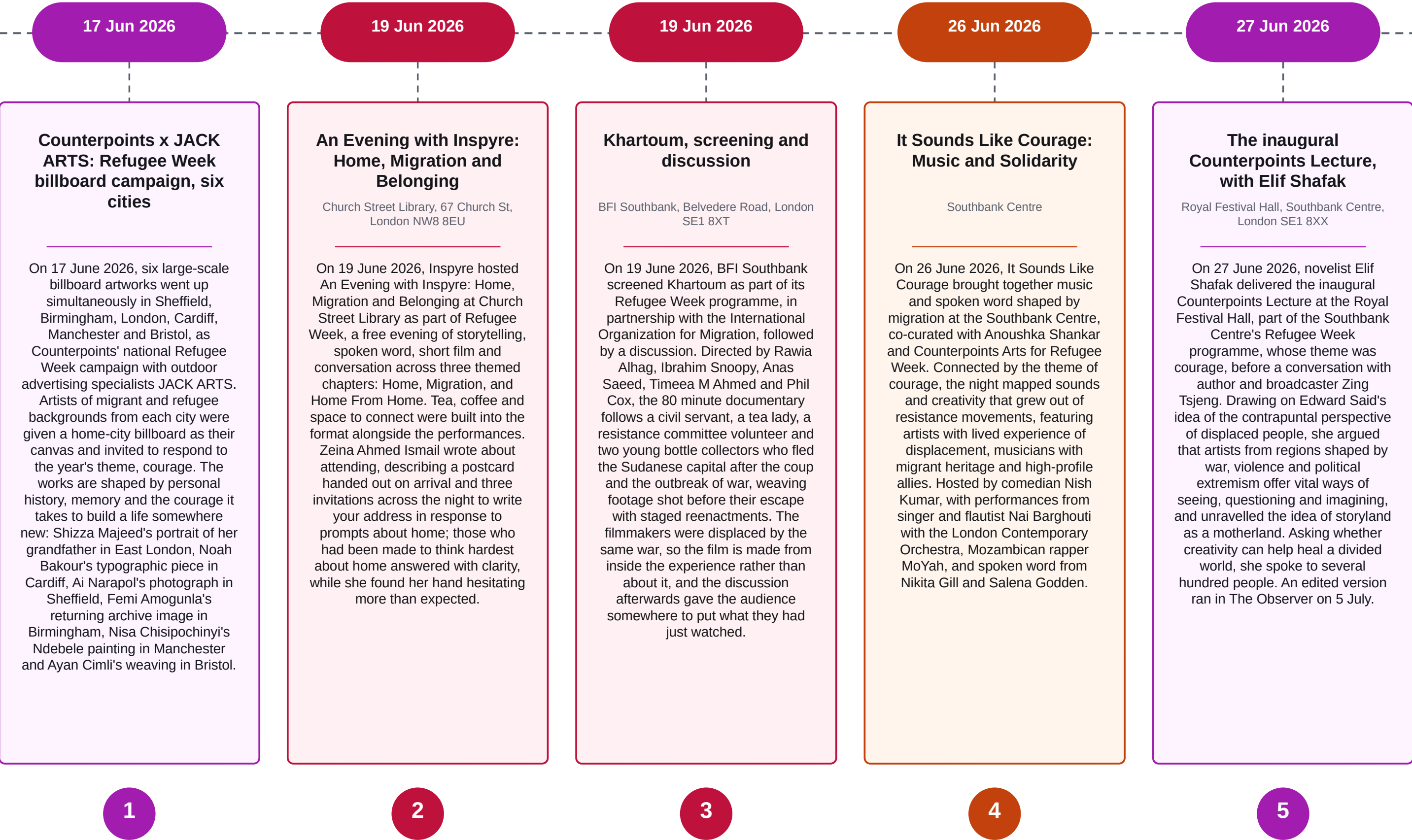
26 Apr 2026 to 31 May 2026



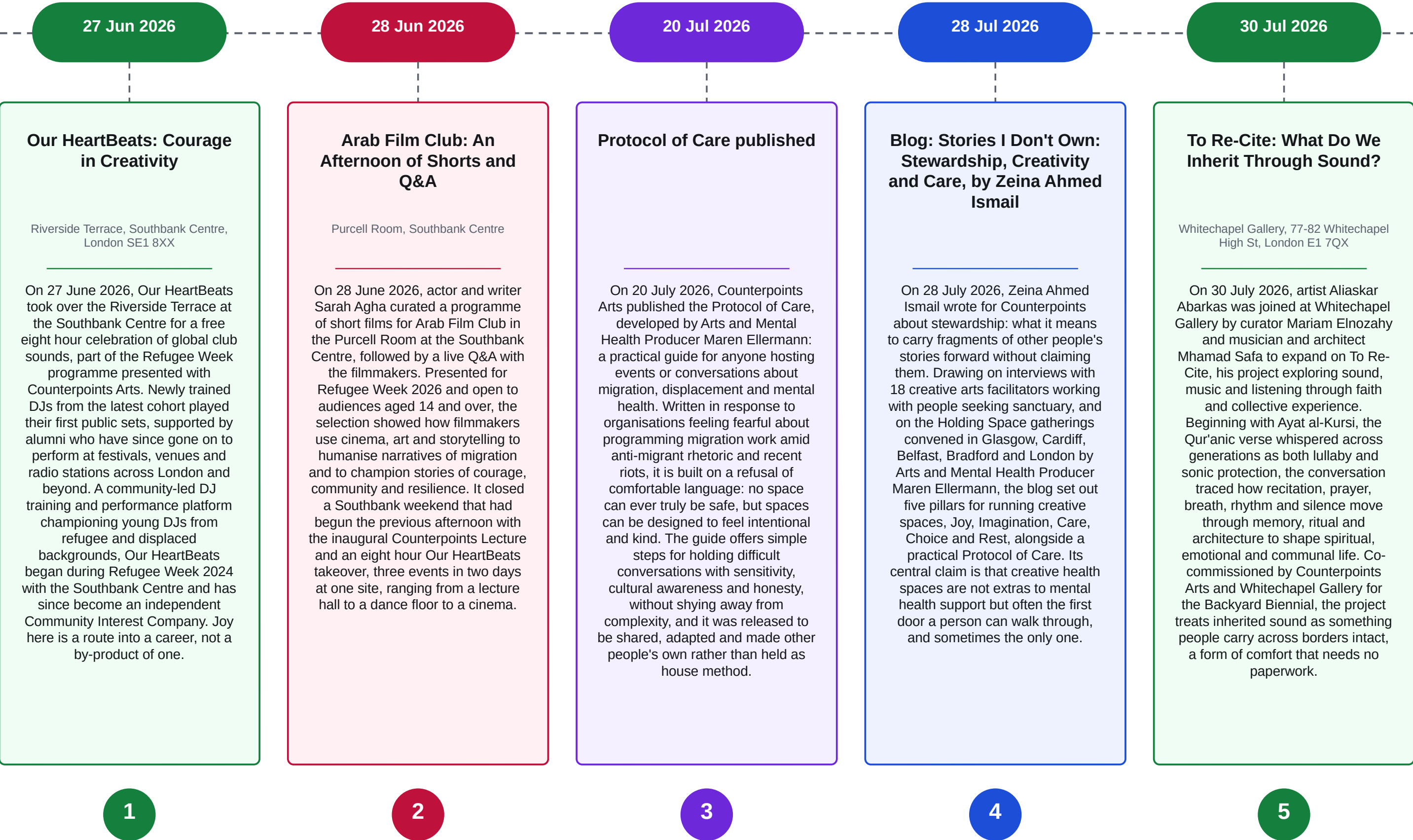
1 Jun 2026 to 16 Jun 2026



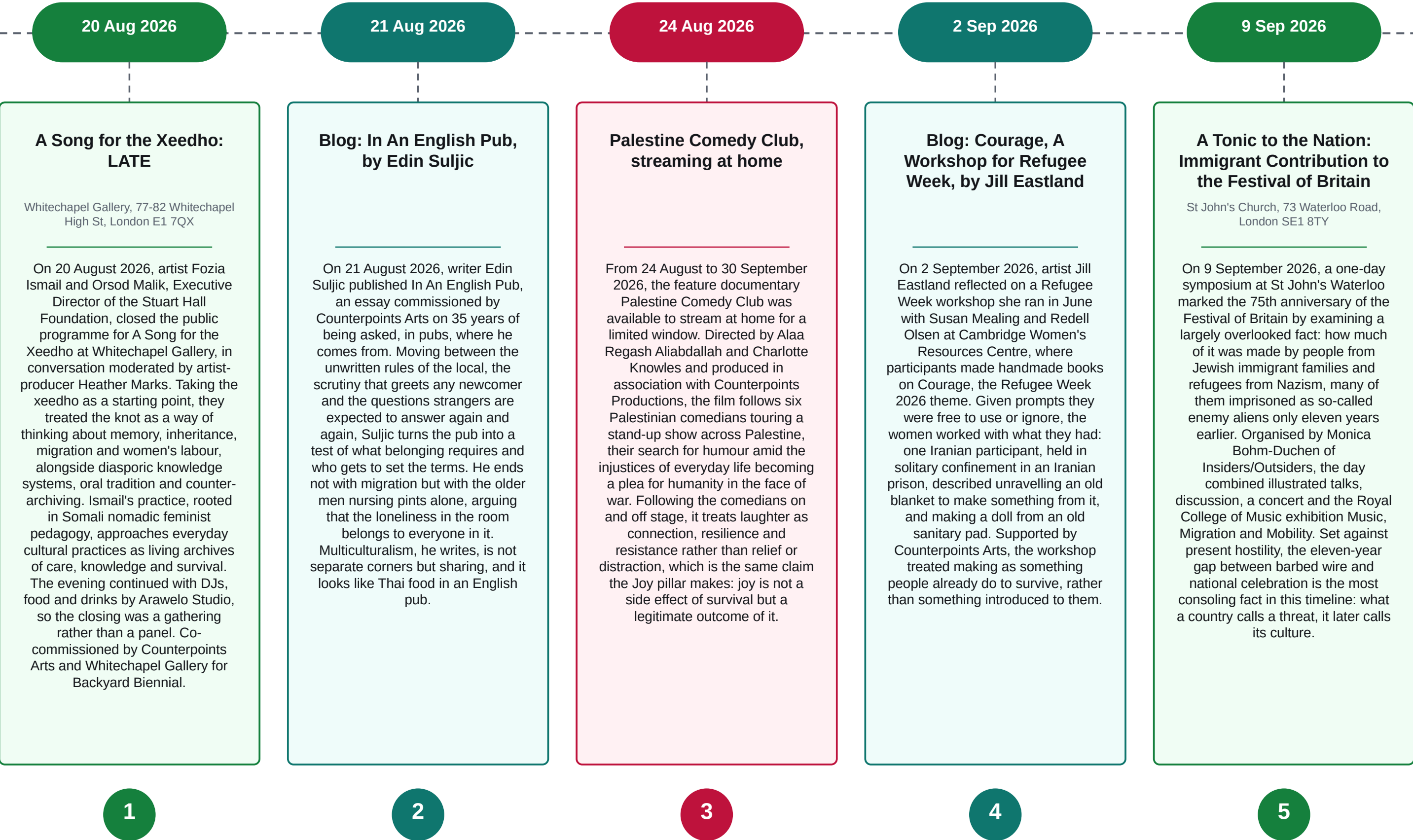
17 Jun 2026 to 27 Jun 2026



27 Jun 2026 to 30 Jul 2026



20 Aug 2026 to 9 Sep 2026



Launch Day

23 September 2026

Launch day

23 Sep 2026

Our Work in Mental Health

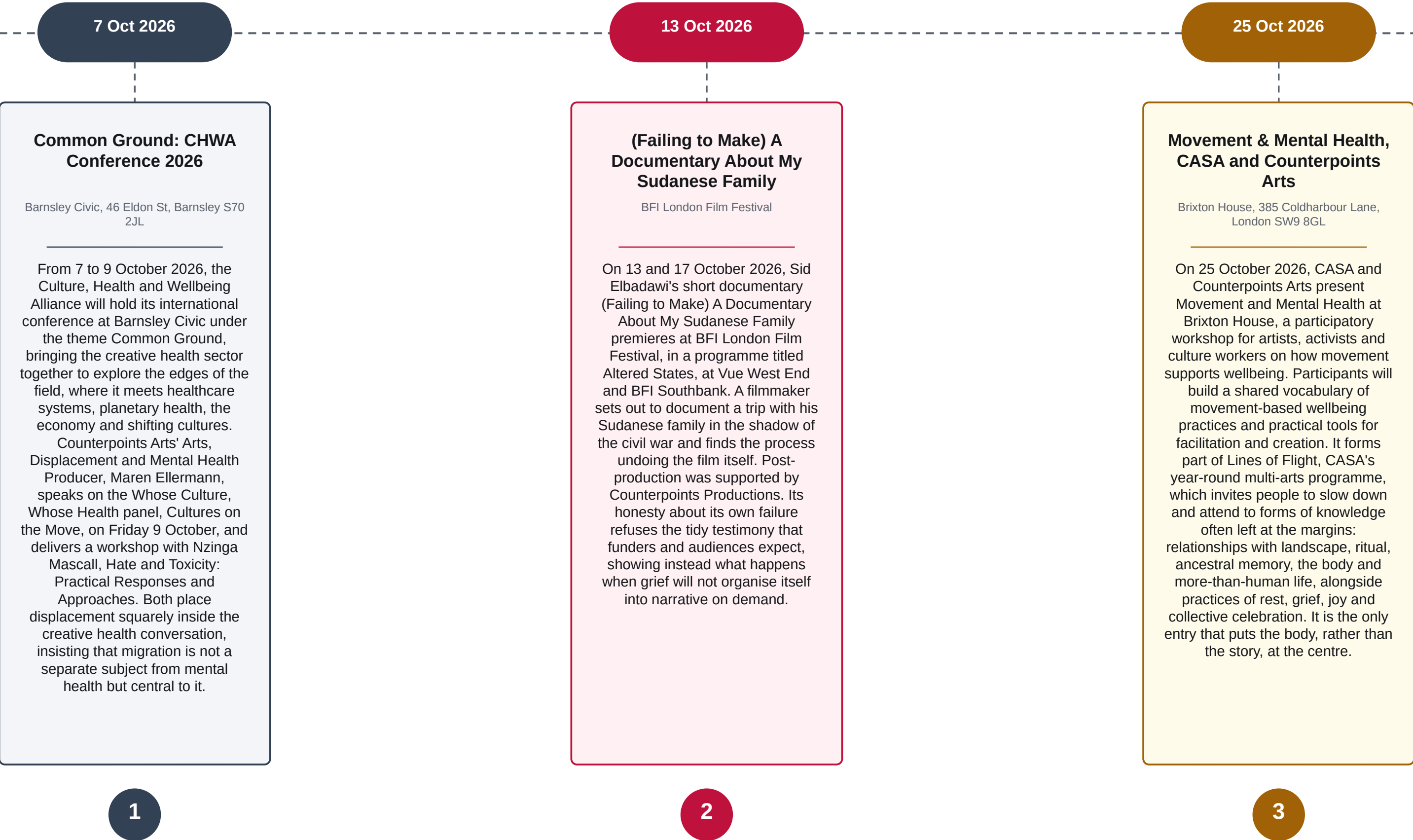
Yorkton Workshops, 1-3 Yorkton St, London
E2 8NH

On 23 September 2026, Counterpoints Arts gathered partners, collaborators and friends at Yorkton Workshops for a day of impact sharing, conversation and celebration, looking at how the mental health work has grown, what has been learned, what has been difficult, and where it goes next. The day officially launched the Mental Health Framework, a practical and values-led manifesto setting out Counterpoints' approach to art, migration and mental health: the language used, the principles shaping the practice, and how the work is evaluated. Conversations, workshops, performances and shared food. The framework this timeline had been building towards for two years, from a quiet room in Glasgow to a document with a name.

What Comes Next

October 2026 · 3 moments

7 Oct 2026 to 25 Oct 2026



Some threads running through the work

Planting

A woman in Gaza carrying her plants tent to tent. Seed libraries in the Bekaa Valley and Palestine. A butterfly meadow in Norfolk. Seeds handed to audiences.

Archiving

Recording as part of surviving, not documentation after the fact. Counter-archives, proof, inherited scores, returned photographs.

Food

Parveen's Canteen, a community supper in Belfast, chips after the beach, tea from a medicine garden, a table always covered in snacks.

Libraries

Five entries in public libraries. Among the very few venues that ask nothing of whoever walks in.

Practitioner cost

Six independent sources say the same thing: artists are subsidising this work with their own money, time and health.

Towards health

Socially prescribed comedy, NHS trusts as partners, 19 trusts on one artwork, health workers in the room.

Counterpoints Arts

Mental Health and Arts Impact Timeline

Compiled September 2026. Entries are drawn from Counterpoints listings, blogs, published research and partner sources. This document describes real people's experiences: please cite with care.

Support: Samaritans 116 123 · Shout, text SHOUT to 85258 · Mind 0300 123 3393