


ARTS ACCESS VICTORIA



I NEED  
ART BECAUSE  
IT MAKES  
ME SLOW  
DOWN & FEEL  
CALM

# Connecting the Dots

Mental health resources

We'll help you advocate for  
the arts in your NDIS plan.

[artsaccess.com.au/  
connecting-the-dots](https://artsaccess.com.au/connecting-the-dots)



# Connecting the Dots

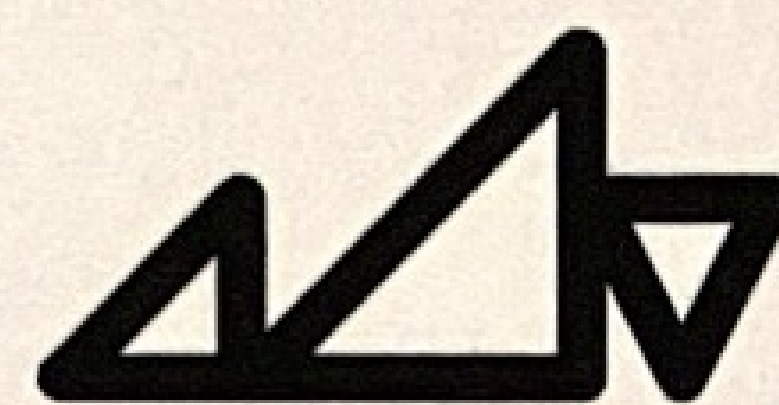
## Mental health resources

We've created books and short films for people living with mental health issues or who are passionate about mental health and the arts.

As the NDIS rolls out across Victoria, our resources will help show your NDIS planner how important the arts are to you. *Connecting the Dots* is for everyone, but we also have resources created with and for young people.

Available in print:

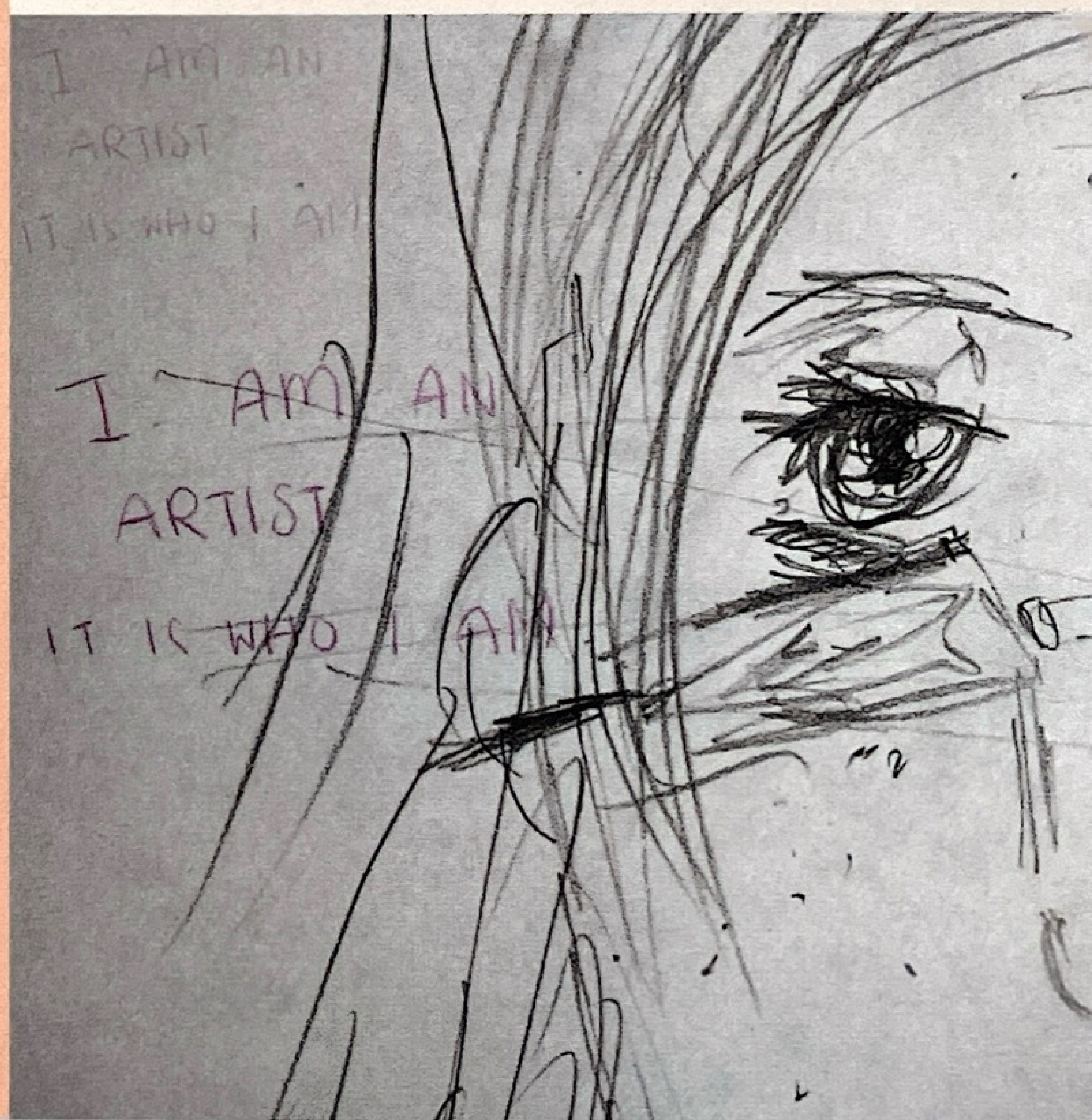
- *Art and You* book
- *Art Form* book for young people



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Available online:

- *Art and You* book (shortlisted in the VicHealth Awards 2017)
- *Art Form* book for young people
- *Art Advocacy & Art and You* films



Images: Brianna Bullen, portrait, pencil (detail) 2017  
& Eloise Grills, untitled, watercolour (detail) 2017

Arts Access Victoria,  
222 Bank St, South Melbourne

Arts Access Victoria is a  
registered NDIS provider.

For more information  
please see the website or  
contact Arts Access Victoria  
(03) 9699 8299  
[info@artsaccess.com.au](mailto:info@artsaccess.com.au)