

# Art in Times of Ill Health

By [Laura McKendry](#)

*In this post, Laura McKendry shares her journey as an artist educator into the Art and Health space. She tells us how she began to realise the emotional and physical impact that art can have on those struggling with mental or physical health, or who exist in vulnerable spaces, as a tool to share deeply personal experiences that otherwise lie beyond words.*

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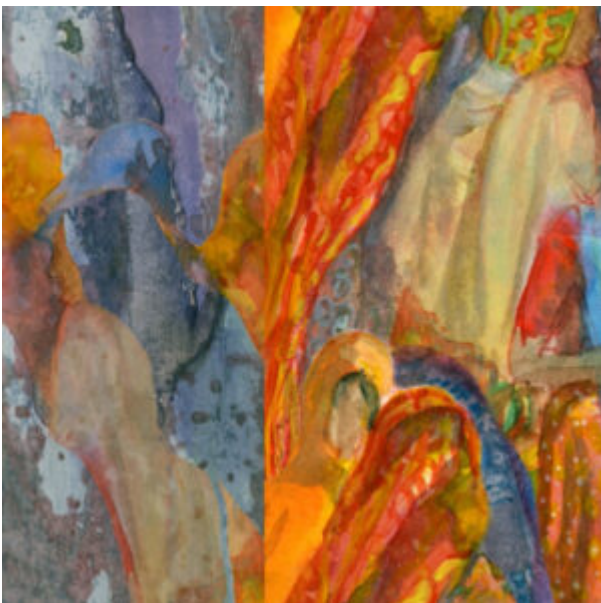


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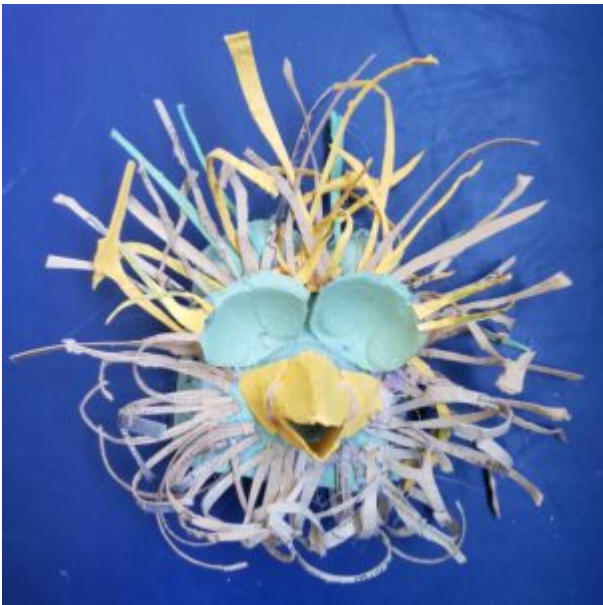


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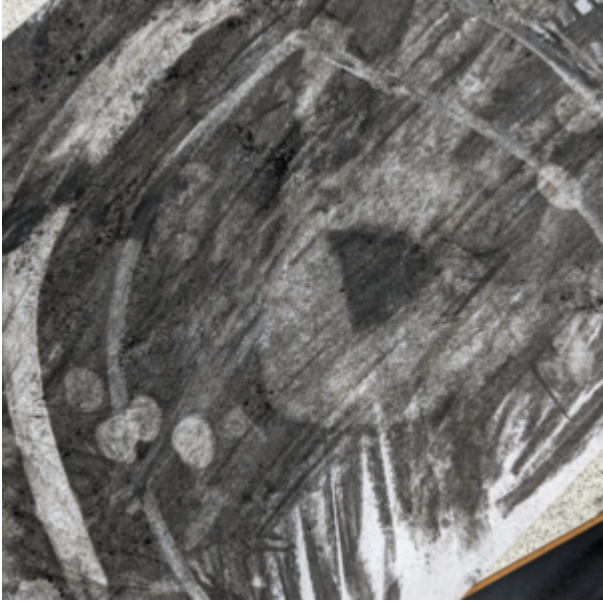




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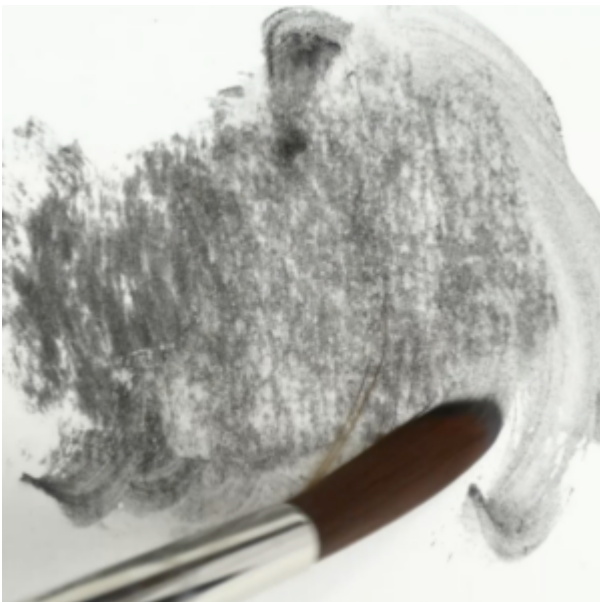


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