



CREATIVE ARTS PROGRAMS FOR ADULTS LIVING WITH A MENTAL ILLNESS

SUPPORTIVE, UPLIFTING, WELCOMING PLACES TO BELONG, CREATE, AND BE PART OF SOMETHING

Upbeat Arts offers inclusive choir and creative writing programs for adults living with a mental illness in Queensland.

Our programs are warm, friendly, and welcoming spaces where people come together to sing, write, laugh, connect, and enjoy being part of a creative community. Members often describe Upbeat Arts as fun, uplifting, and a place they can be themselves, without judgement.

Alongside the joy of creativity, being part of a regular group helps many members feel more connected, more confident, and supported through the ups and downs of life. For many people, having something to look forward to each week, familiar faces, and shared experiences makes a real difference alongside other supports.

WHAT MEMBERS TELL US:

“The consistent support and programme. In a life that can be so very unpredictable it is comforting and grounding to have this. It helps me to keep showing up for myself.”

“Mental health recovery is not about being symptom free, it’s about living a full life with a mental health condition. Then I found the Upbeat Arts Choir. It was the missing link for me.”

Locations and details overleaf >

OUR PROGRAMS

Upbeat Arts is an accredited mental health service provider, funded by Queensland Health. Our programs are free for members and run for 45 weeks each year.



CHOIRS

- Brisbane
- Bundaberg
- Gold Coast
- North Brisbane
- Sunshine Coast
- New locations coming



CREATIVE WRITING

- In person (Brisbane)
- Online (for anyone living in QLD)

WHAT TO EXPECT

- No need to know how to sing or write
- Incredible staff and volunteers to support you
- No auditions or pressure to perform
- Join in your own way, at your own pace
- Shared meals after choir rehearsals, with time to chat and connect



**TO LEARN MORE, MAKE A REFERRAL, OR APPLY
TO JOIN OUR PROGRAMS, PLEASE VISIT:
UPBEATARTS.ORG.AU**

