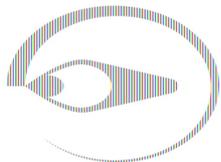


2023

DISCOVER mental health

in
your ESG engagement to sharpen business strategy



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ESG is important to companies

to attract capital,

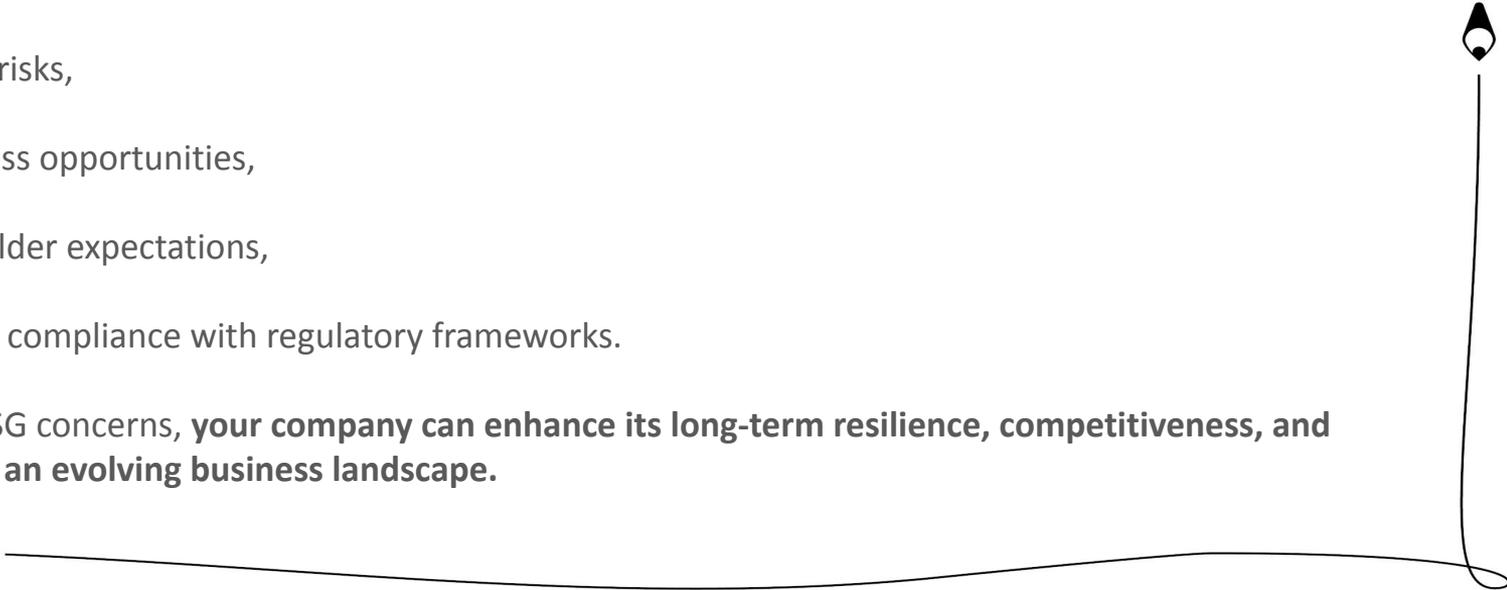
to help manage risks,

to unlock business opportunities,

to meet stakeholder expectations,

...and to ensure compliance with regulatory frameworks.

By addressing ESG concerns, **your company can enhance its long-term resilience, competitiveness, and sustainability in an evolving business landscape.**



Boosted ESG score can attract new shareholders

Risk Management: a robust ESG score refers to effectively manage risks, such as climate change impacts, regulatory compliance, supply chain disruptions, and reputational risks.

Long-Term Value Creation: A high ESG score suggests that a company is focused on sustainable business practices, stakeholder engagement, and responsible governance, which can contribute to long-term value creation.

Investor Preferences: Many institutional investors and asset managers have integrated ESG into their investment strategies.

Reputation and Brand Enhancement: strong ethical practices, contribute positively to the environment and society, and prioritize good governance.

Access to Capital: Having a high ESG score can increase a company's visibility and attractiveness to investors, potentially leading to increased access to capital through investments, loans, or other financial instruments.



Since 2023 mental health is the booster

External shocks such as the COVID-19 pandemic, the war in Ukraine and economic crisis caused unprecedented situation: **mental health is at stake for almost all groups**: employees, customers and other external stakeholders.

Incorporating **mental health in ESG strategy, your company** can be the global leader who see and respond to **trends before others**.

European Foundation For Artherapy has forward-thinking, fully-dedicated team with unique professional experience. The organization works with great experts, addressing mental health needs for all types of stakeholders.



How your company can improve its ESG score by cooperation with ARTHE Foundation (1/2)?

Risk Management: investing in research and development with mental health aspects

Future-Proofing: Investing in research and development **with supportive role of art therapy for mental health**, can help position a company as forward-thinking and proactive in addressing ESG concerns.

Stakeholder Engagement: Engaging in meaningful dialogue (**enriched by mental health challenges**) and collaborating on initiatives related to what is at stake for company stakeholders, you can build **trust and foster better relationships**



How your company can improve its ESG score by cooperation with ARTHE Foundation(2/2)?

Transparency and Reporting: demonstrating efforts to address ESG concerns in the Global Reporting Initiative (GRI), your company can enhance trust and credibility. **Mental health** is not a standalone category in GRI, however, it can be indirectly captured within broader **social and human rights dimensions of ESG reporting**.

Mental health is a part of the overall health and well-being of employees. Reporting on employee assistance programs, initiatives to promote work-life balance, mental health awareness campaigns, or measures to address stress and mental health issues in the workplace can **provide insights into a company's approach to supporting employee mental health**.

Mental health in the human rights dimension of ESG reporting. Mental health issues related to workplace stress, bullying, or discrimination can be considered within this context.

A company **with a strong commitment to employee well-being and mental health** may choose to disclose relevant initiatives, policies, or metrics voluntarily, as part of their **broader social and human rights** reporting.

ESG reporting frameworks are continually evolving as the **understanding and prioritization of mental health** continues to grow.



The European Foundation for Artherapy was established to provide psychological support in an innovative way - interdisciplinary, linking the worlds of medicine and art, through art therapy.

Today with **excellent experts** works on comprehensive programmes in the area of **mental health**. Our collaborators are leading psychiatrists in Poland, members of **prestigious scientific societies including the Polish Psychiatric Association**.

Art therapists are graduates of the Maria Grzegorzewska Academy of Special Education and the Academy of Fine Arts in Warsaw. Artists who are active and highly regarded in their disciplines: acting, music, choreography, painting, sculpture and visual arts.

The ARTHE Foundation is actively establishing cooperation with international organisations, currently from Switzerland, Belgium, Portugal and Poland.

3 levels of ambition and action

there are 3 levels of ambition in ESG, ARTHE Foundation addresses all of them
(in the social governance field)

minimum practice

ambitions

Risk mitigation and “don’t harm” measure
React to trends affecting industry and business
Donate resources (financial, in-kind, volunteer)
Meet and report baseline standards

actions

8-week (2 h per week) workshops for employees
increasing awareness about art therapy to deal with
stress, depression, burn-out

First-aid course in mental crisis in working
environment - certificate

Monthly grant for statutory goals of ARTHE
Foundation

common practice

ambitions

Substantive efforts, mostly outside the core business
Run strategic, high-impact philanthropic programs
Engage with stakeholder groups to understand what
matters

actions*

art therapy as a part of tailored-made programs for
your company stakeholders - employees, customers,
talents, students and more. Piloting and report

Destigmatisation of mental health efforts program,
rising awareness campaigns.

* Contact us for tailor-made component which we create for your company

“next level” practice ambitions

Full integration of mental health into strategy and
operations
View mental health as differentiator to overall
strategy
Link leadership areas with purpose (“win the game”)
Tie mental health to employee incentives and
evaluations

actions*

Become top partner for the first in Poland Community
Art Therapy Center with tailored-made component

Become the first in Europe who promote your
tailor-made component as an art of change

ARTHE Foundation approach

art therapy in the integrated medical model*

1. Art therapy helps to maintain mental hygiene by being a form of relaxation and rest, stimulating the parasympathetic part of the autonomic nervous system and balancing the distress of having to adapt to external stressors.
2. Art therapy helps to maintain proper sleep. This can take the form of relaxation with art before going to sleep.
3. Art therapy helps to regulate emotions by providing aesthetic enjoyment as well as stimulating pleasure. Such interventions can restore emotional balance by reducing fear and mental and physical suffering.
4. Art therapy helps to consciously meet existential needs. Experiencing art can increase one's sense of agency and power, bring people together in a shared experience of art and, by providing metaphysical experiences, give them a sense of communion with the absolute.

* following prof. Marek Krzystanek, Psychiatrist, sexologist and cognitive behavioural psychotherapist. Head of the Department of Psychiatric Rehabilitation at the Medical University of Silesia in Katowice and attending physician of the Psychiatric Rehabilitation Day Care Unit at the Upper Silesian Medical Centre of Professor Leszek Giec SUM in Katowice. Innovator, inventor and pioneer of telemedicine in Poland. Populariser of new psychiatry and preventive psychiatry in the form of psychiatric cosmetology.



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