

Welcome to C³-WELL

C3-WELL is a European initiative testing arts-based approaches to improve mental well-being and social inclusion in Hungary, Italy, Spain, Estonia, and Slovenia.

By equipping cultural professionals with practical tools and fostering cross-sector collaboration, the project aims to:

- Test and validate arts-based methodologies in real-world welfare settings
- Build sustainable partnerships between cultural and social care sectors
- Develop policy recommendations to structurally integrate culture into care

Our Direct Target Groups



Cultural & creative professionals (artists, managers, designers, cultural organizations)



Vulnerable populations (older adults, migrants, people with disabilities, individuals with mental health challenges)



Healthcare & welfare professionals (social workers, mental health practitioners, caregivers)



Policymakers & local institutions

Meet Our Partners

C3-WELL brings together six leading organizations across Europe, combining expertise in culture, creativity, and social welfare:



Hungary: community-driven cultural programs and capacity building.



Italy: supporting creative industries and knowledge exchange.



Spain: leading initiatives for culture-driven social innovation.



Estonia: promoting cultural inclusion and creative engagement.



Italy: coordinating digital and transnational cultural collaborations.



Slovenia: fostering access to arts and cultural well-being programs.

Together, our partners enable cross-sectoral collaboration, ensuring arts-based interventions are tested, documented, and scalable across different welfare and healthcare contexts.



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Explore the C3-WELL Best Practices Repository

We are excited to present the C3-WELL Best Practices Repository, an open-access resource documenting 20+ arts-based interventions across Europe that improve mental well-being, social inclusion, and quality of life.

The repository highlights projects tailored to specific target groups, providing real-world examples and evidence-based approaches:

- Adults with Mental Health Conditions
- Marginalized or Underserved Communities
- Individuals with Disabilities
- Individuals with Physical Illnesses
- Children and Adolescents experiencing emotional, behavioral, or developmental challenges
- Older Adults and Seniors dealing with age related issues



This repository is a practical tool for professionals and policymakers seeking to integrate cultural practices into social and health care. It provides actionable models, guidelines, and evidence to inspire new interventions and scale successful approaches.

 [Explore the Repository Now](#)

What's Next

Cross-sectoral workshops in 5 countries

Open calls for cultural organizations to join pilot programs

Learning Labs and real-world arts-based experiences

Mobilities for cultural professionals to exchange best practices

Development of policy recommendations for sustainable cultural welfare

Join the Movement

C3-WELL is shaping the future of cultural welfare in Europe. Follow our journey, access resources, and be part of a community where culture transforms well-being.

Visit c3well.eu



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