



# Breathe Magic for Mental Health

Using the art of magic to build confidence, self-esteem, communication skills and improve mental health

In 2016/17, Breathe Board member, Dr Daisy Fancourt, undertook a research study to investigate the clinical impact of our Breathe Magic Intensive Therapy programme on mental health. Dr Fancourt's study, published in 2019 in BMC Pediatrics, proved the benefits that our award winning programme has not only on physical health, but also on social and psychological outcomes. Following this, and in response to the pandemic, we developed Breathe Magic for Mental Health.

## A range of people:

- Young people experiencing autism, dyspraxia, depression, anxiety and negative thoughts
- Young refugees and asylum seekers
- Adult brain injury survivors
- Women experiencing antenatal and postnatal mental illness

## Gender:

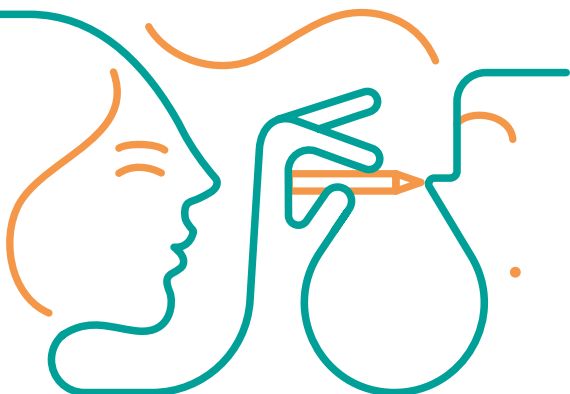
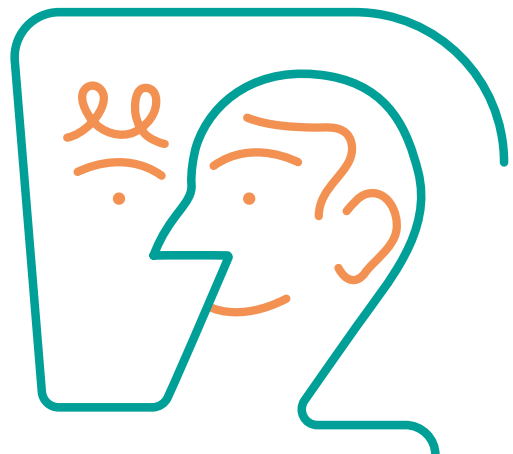
- Male (58%)
- Female (38%)
- Non-binary (3%)

## Ethnicity:

- 70% identified as White
- 30% from BAME Backgrounds

Age range:

**7 to 70**



“I find it fun and curious watching the Breathe Magicians. And when I do magic myself it makes me feel a whole lot more confident, able, included and empowered.”

Calvin

# 100%

of those surveyed agreed the sessions made them **feel happier**



“I didn’t realise how relaxing and mindful magic could be, it’s enabled me to cut away time from everything else.”

Breathe Magic Participant

In just **7 months**  
we ran **7 programmes**  
reaching....

- East London
- Nottingham
- Margate
- Henley-on-Thames
- Beckenham
- Croydon
- Camden



**45**  
sessions

**12**  
in person

**33**  
online

**150**  
people

“Breathe Magic  
is the highlight of  
my week!”

Breathe Magic Participant

**23**

magic tricks  
taught



**84%**

of participants had  
improved confidence  
and self-esteem after  
taking part






**7**

magicians  
employed



**Find out more or get in touch:**

[breatheahr.org/programmes/breathe-magic-for-mental-health/](http://breatheahr.org/programmes/breathe-magic-for-mental-health/)  
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**BREATHE**  
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