



SALDUS

OBJECTIVE

Saldus Municipality plans to implement several targeted measures to strengthen the mental health of residents and develop the Referral to Cultural Activities program, in collaboration with municipal specialists, family doctors and local cultural institutions, who will become important partners in promoting community cohesion, emotional resilience and a data-based, sustainable health approach in cooperation with the Saldus Medical Centre Support Fund. The primary objective is to develop a sustainable, locally rooted data and practice-based model that integrates cultural accessibility with mental health support within the municipality.

TASKS / ACTION

Action 1: Research phase – “Region mental health temperature”

In late 2025, the Saldus region will begin cooperation with researchers from Riga Stradins University to assess the mental health situation of residents and determine the impact of cultural activities on well-being. The data obtained will be the basis for the content and organisational development of the program locally.

Action 2: Implementation of the “Kultūra un nosūtījumu” program for municipal specialists.

The implementation of the program will begin in the first quarter of 2026, involving employees of municipal institutions. Its goal is to promote emotional balance, strengthen social ties and reduce the number of stress related absences. Evaluation of the program results and preparation of recommendations for further development.

STAKEHOLDERS

- Healthcare actors
- Cultural actors
- Local policy-makers
- Regional Public Administration (KPR)
- Local public administration (Municipality agencies)
- Society
- Researchers
- NGO

TIME FRAME

Oct 2025 – Dec 2026

CONTACT

