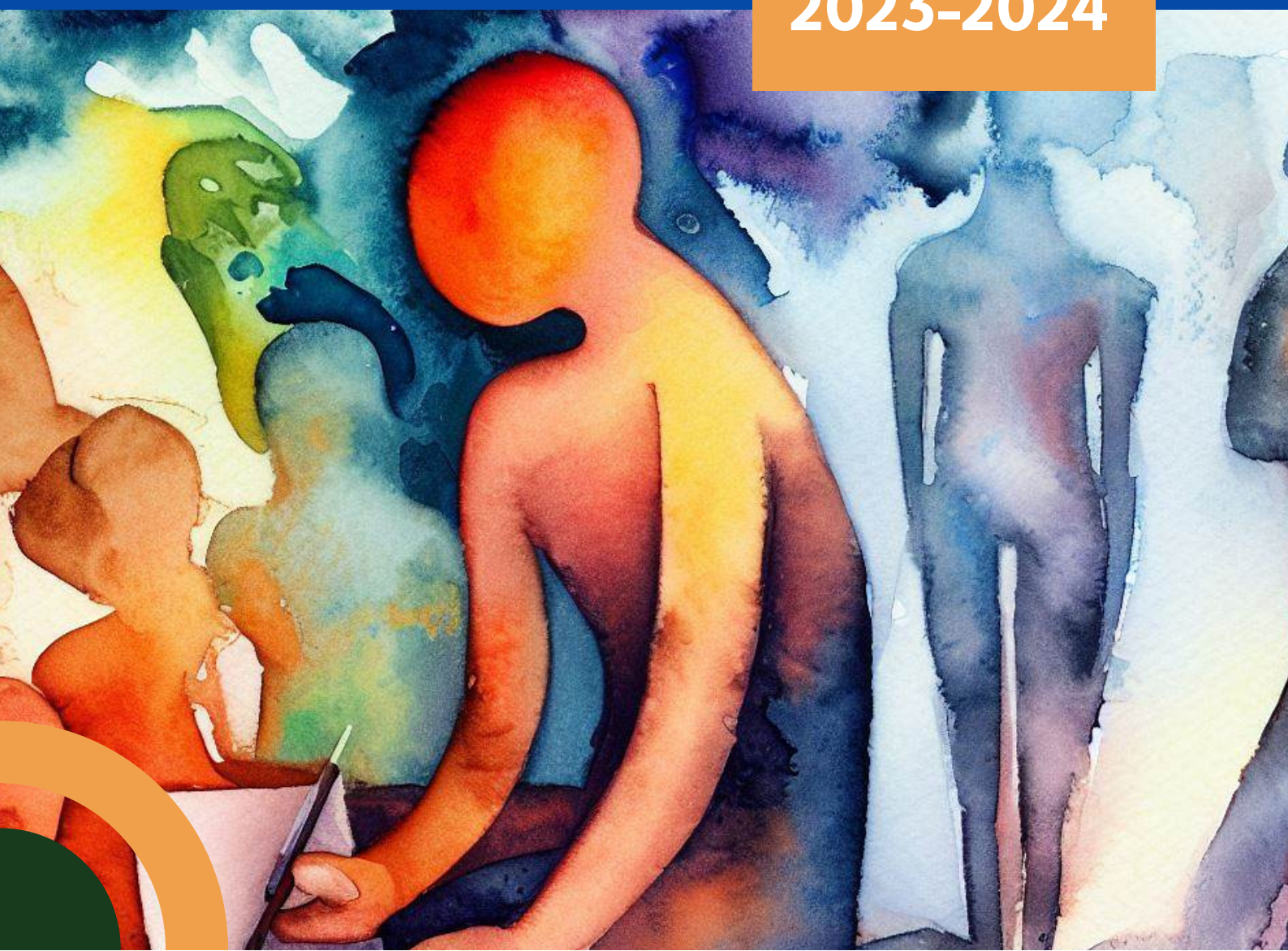




THE VIBRANT MIND

EMBRACING MENTAL HEALTH
THROUGH ARTISTRY

2023-2024



Description

The arts and mental health and well-being have been linked since the beginning of humanity and arts are commonly used to understand and communicate concepts and sentiments by tapping into our senses, navigating and processing difficult emotions (WHO, 2022). Over the last decades, many studies have shown the benefits of art for maintaining good mental health such as that frequent art participation is associated with lower levels of mental distress (Wang, 2020) and that those creating art, at any skill level, find a reduction in stress-related hormones in the body (Kaimal, 2016).

Since then, large international organisations such as the WHO and the EU have looked to expand this evidence and sponsor initiatives that promote the use of arts to improve mental health throughout the general population. To this end, and building on the success of last year's *My HeArt contest*, GAMIAN-Europe is launching its latest art project called *The Vibrant Mind: Embracing Mental Health Through Artistry*. The project will run until April 15, 2024, and will involve a truly pan-European exhibition(s) of artwork for those living with different mental health conditions alongside different events related to mental health and art throughout.



Ilona Jáosnè Kaszás
(Hungary)



Liell Milstein
(Israel)

Project objectives

What we aim to achieve

To create a truly pan-European art exhibition for those living with different mental health conditions where they will be able to exhibit their art pieces around different galleries, psychiatric hospitals and other venues in a wide variety of European countries and cities.

This project, therefore aims to:

- Showcase all the artworks for some time within the exhibition spaces and disseminate them via all our networks where people in different countries can go to check out the art and thereby create visibility and encourage a conversation around the connection between art and mental health
- Increase awareness of those living with different mental ill-health conditions in as many European countries as possible with the aim of breaking down stigma wherever possible
- Create greater collaboration with member associations of GAMIAN-Europe as well as other relevant organisations and individuals through the involvement of the people with mental health conditions they represent.

Project Specifics

The what and how



EUROPEAN-WIDE EXHIBITION(S)

Different exhibition venues throughout different European countries will be contacted to exhibit the artwork of the artists living in their countries to facilitate the artists in these countries to get the artwork to different exhibition spaces near them.

The exhibition spaces will be asked to display the artwork for a certain period in which those from the general public can view the artwork. The collaborating organisations will also be asked to send photos of the exhibition to GAMIAN-Europe to contribute to a final video/website



EVENTS AROUND ART AND MENTAL HEALTH

Throughout the year-long project, we will organise several webinars, online workshops or panel discussions. These will be organised around different topics related to both mental health and art so as to get diverse points of view from different stakeholders.



DIGITAL RESOURCES AND SOCIAL MEDIA

Different social media channels will be created to share the artworks of the artists, as well as updates and other information about the exhibitions and events. A website with digital versions¹ will be uploaded alongside information about the artists and their art.



FINAL WEBINAR/CLOSING EVENT

A final event will be held in April 2024 (exact date TBD) with some of the artists that participated and experts specialising in art and mental health to discuss the project as well as the importance of the link between mental health and art/creativity. Depending on availability, the event will either be hybrid or solely online.

¹Either actual JPEG, PNG etc will be provided or simply photos of the artworks where unavailable

Art Submission

The Process

To make it as easy as possible for all those artists wanting to participate, you just need to follow the three steps below

CREATE/SELECT

We want to see your different creations (in whichever visual format they may be e.g. photography, sketches, digital art etc) with a small description of you and your background and the story you want to tell.

[Follow this link to fill in the details](#)

1

SUBMIT

Submit your projects to one of the exhibition venues in your country. For a list of available exhibition venues and contact details, [click here](#)

2

SHARE AND PARTICIPATE

Share the project details across all your different social media channels so that we can spread your art to all corners of the globe. Also, be sure to participate in different online events throughout the year. Watch this space!

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