

## Media Alert

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### Mental health art exhibition

27 April 2016

**The Vahland Art Group (Bendigo Health) presents an exhibition titled: *Reducing mental health stigma*.**

[Loddon Mallee Murray Partners in Recovery](#) (PIR) awarded The Vahland Art Group with a 'Stigma Action Grant' for a 12 week program focused on reducing mental health stigma.

The staff and residents from Vahland House Secure Extended Care Unit (SECU), Continuing Care Units (CCU) and those living in the community with mental illness are the artists. They have created artworks to assist increasing public awareness and understanding of their mental health recovery journeys.

The objectives of the four day art exhibition are to enable people with a serious mental illness to:

- express themselves through art.
- provide a medium for people to explore the idea of recovery through the creative arts.
- support people to explore their life goals through art and the creative process.
- encourage people to participate in a creative arts rehabilitation program.
- support people to produce artwork.
- use other mental health consumers involved in creative arts as peer support mentors in the process.

The exhibition opening is on Thursday 28 April from 4-6 pm and only on opening night there will be digital stories shown clarifying a variety of recovery journeys.

**Media is asked to arrive from 3pm to interview the artists and/or staff. The artists who consented to being interviewed and named will be there at 3pm.**

**Venue: Handle Bar, 73 Mitchell Street Bendigo (enter through Get Naked Espresso Bar).**

*Note: As the exhibition is being held in a public venue the artworks can be viewed by all ages. Most of the works talk in metaphor with a written explanation. For example there will be a dragon corner, a fish bowl with a shark, masks and group art work.*

### Media contact

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