



PRESS RELEASE

For Immediate Release

Glasgow Art Exhibition To Tell Mental Health Stories Which Are Too Difficult To Tell Verbally

A GLASGOW art exhibition will tell stories to help break down the stigma people struggling with their mental health feel about themselves.

The exhibit features photography, painting and sculptures from a number of artists, aiming to change the way people think about mental health.

Sean McGugan, who volunteers with mental health organisation See Me, is putting on the All, Entire, Whole event as part of this year's Scottish Mental Health Arts Festival.

The exhibition will run from May 22nd at the New Glasgow Society, featuring artists Sekai Machache, Andrew Henderson, Lesley Antrobus, Siobhan McLaughlin, Martha Ritchie, Jamie Lee Love.

Research released by See Me earlier this year found that only 42% of people in Scotland feel comfortable speaking to their friends and family about mental health and a quarter of Scots don't feel they could speak to those closest to them if they experienced a mental health problem.

Sean, from Glasgow, 29, said that art is one of the best ways of overcoming this stigma. He said: "Art gives us new literacies to communicate and tell stories that we may find too difficult to tell verbally.

"I think the most difficult stigma to overcome is self-stigma and self-realisation, but art can create a connection to something that breaks this down and gives us an opportunity to tell difficult stories. It empowers.

"The exhibition aims to enable visitors to understand themselves and others.

"The artists involved have a range of lived experiences with mental health and just hearing their stories, alongside their work, has been a really positive experience for me.

“That’s why I’m excited that some of the artists have agreed to be present during the exhibition in order to start conversations with our visitors.”

Toni Groundwater, See Me social movement manager, said: “Creative work like All, Entire, Whole helps to tackle stigma by opening mental health up to a new audience.

“Speaking about your own mental health can be incredibly difficult. The arts are important in enabling people to express themselves and share their experiences, in a way that works for them.

“SMHAF inspires and empowers people to use their skills to challenge the stigma around mental health.”

You can find out more at <https://www.mhfestival.com/events/glasgow/430-all-entire-whole>.

ENDS...

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NOTES TO EDITORS

1. **Polling methodology** The research was conducted by Censuswide, with 5,376 respondents aged 16+ in GB with **1431 in Scotland**, between 07.12.2018 - 14.12.2018. Censuswide abide by and employ members of the Market Research Society which is based on the ESOMAR principles.
2. See Me is Scotland’s National programme to end mental health stigma and discrimination, enabling people who experience mental health problems to live fulfilled lives.

We do this by:

- Mobilising people to work together and lead a movement to end mental health stigma and discrimination
- Working with people to change negative behaviour towards those with mental health problems
- Ensuring that the human rights of people with mental health problems are respected and upheld

3. Follow See Me on Twitter or Instagram @seemescotland or find us on Facebook: Facebook/seemescotland, or at www.seemescotland.org
4. See Me is managed by SAMH and the Mental Health Foundation and funded by Scottish Government and Comic Relief

