



PRESS RELEASE

For Immediate Release

Art To Tackle Mental Health Stigma on the Isle of Lewis

ARTISTS in Lewis are being encouraged to lead on a new project using art to tackle mental health stigma.

See Me and the Mental Health Foundation, in partnership with arts hub [An Lanntair](#), are commissioning an artist to create some exciting new artwork to get people talking about mental health.

The project will take place from July 2019 onwards and will involve an artist working with members of the community on Lewis to create art which helps improve attitudes and behaviours around mental health.

It will also explore issues relating to rural and island living and mental health, with the aim of creating a lasting legacy for those involved.

The commissioned work will be showcased on Lewis with support from An Lanntair. The maximum budget for the commission is £10,000.

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

"Due to stigma, 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."

The commission is open to all art forms, and to groups of artists as well as individuals. Proposals should be sent to Andrew Eaton-Lewis, arts lead for the Mental Health Foundation, at andrew@lanntair.com by 5pm on Monday 24 June 2019.

For more information visit <https://www.seemescotland.org/news-and-blogs/see-me-artist-commission-isle-of-lewis/>.

ENDS...

FOR MORE INFORMATION CONTACT:

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NOTES TO EDITORS

1. 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
2. Follow See Me on Twitter or Instagram @seemescotland or find us on Facebook: Facebook/seemescotland, or at www.seemescotland.org
 3. See Me is managed by SAMH and the Mental Health Foundation and funded by Scottish Government and Comic Relief

