

Art Exhibition on Mental Health and Creative Arts

On the World Mental Health Day 2018 (10th October, 6-8pm), I organised an event at the Institute of Development Studies around mental health and creativity, in partnership with the IDS Wellbeing Group.

The event took the shape of an art exhibition, temporarily transforming one of our large meeting room (the Convening Space) into an art gallery. It showed the works of art of IDS staff and students who are involved creative activities in their free time (drawing, painting, music, poetry, collages, jewellery making, origamy).

I had this idea about a year before while discussing mental health-related experiences and personal coping strategies with friends/colleagues. I realised that a lot of people seemed to engage in arts and crafts in their free time to deal with mental struggles, like I did. I thought this deserved to be shared and explored further in an event so I started testing my idea to a few people and was widely encouraged to go ahead.



