

MEDIA RELEASE

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New exhibition explores everyone's role in mental health

Launceston's annual exhibition celebrating the relationship between art and wellbeing is shining a spotlight on the individual impacts of mental health.

Supported by [RANT](#) and [Wellways](#), *Minds Do Matter* features works in a range of mediums by more than 100 community artists and opens tomorrow at the Queen Victoria Museum at Inveresk.

In its 11th year, the exhibition is an expression of the lived experience of mental illness and a validation of the creativity, courage and resilience of us all.

Art can be a powerful tool in the healing and recovery process. It is a process that invites conversations leading to greater understanding, acceptance, reconciliation and the discovery of life, as it is, with all its wonderful possibilities.

This is more than an art exhibition. It is an acknowledgement that mental health and mental illness are a part of the human experience. It impacts upon individuals, families and communities.

The City of Launceston Mayor Albert van Zetten says the exhibition that's on during Mental Health Week, is a diverse and vibrant show of strength and compassion.

"This year's *Minds Do Matter* theme is *We all have a role to play* which reminds us to stop and consider the wellbeing of ourselves and others.

"Self-care and checking in with your family, friends, neighbours and colleagues about how they're travelling is so important if we're to continue to destigmatise mental illness and encourage healing.

"Congratulations to all the artists who submitted works for display."

The exhibition runs until 4 November 2019.

You're invited to chat with the Mayor and artist Ben Barwick about his video artwork titled, [exp1mk4: cephalopod](#) today at 11am in the Community Gallery at the Queen Victoria Museum at Inveresk.