

26 September 2018

## When the Black Dog bites!

Link Health and Community, together with Emma Finch, local art therapist, and Monash City Council have joined forces to bring the community together during Mental Health Week to explore what it's like to live with "the black dog"!

The "When the Black Dog Bites" Art Exhibition will showcase how the use of creativity can support recovery and build resilience for those who have anxiety and depression. It's also about educating the public by breaking down stigmas and barriers as to what it's like to have a lived experience of anxiety and/or depression.

This year local Art Therapist Emma Finch ran a series of art workshops at Neighbourhood Houses and Link HC to create the art works which will be on exhibit at the Mount Waverley Community Centre from 11-26 October from 10am – 3pm.

Brentwood Secondary College were encouraged by the exhibition last year and have a number of artworks on display. The colleges' inclusion in the program has provided an outlet for these young people to start exploring art as an expression of their individual health.

Emma said "With art therapy there is no 'right' way or 'wrong' way to produce work. When one has anxiety and/or depression it can be very difficult to put into words your feelings and emotions. Art therapy provides a creative outlet where metaphor and symbol can be used as a creative language, for when words fail."

Acting CEO Danielle Vitacca commented "Link HC is proud to be a supporter and co-sponsor of the program and supports the Monash City Councils advocacy to establish a headspace in Monash to increase mental health services in the area."

The exhibition is now in its fourth year, with over 1500 people having attended the previous events. It has showcased more than 450 artworks in various mediums and aims to destigmatise mental illness and provide an outlet for mental wellness.

For more information about the exhibition contact Emma on [efinch@linkhc.org.au](mailto:efinch@linkhc.org.au)

**See images below of the community showcasing their artworks at the exhibition:**





### **About Link Health and Community**

Link Health and Community is a not-for-profit organisation that provides medical, health and support services to improve the health and wellbeing of people in the east and south-east of Melbourne and eastern Victoria. [www.linkhc.org.au](http://www.linkhc.org.au)

### **Media Contact**

Sally Ann Nadj

Director

03 8822 8313 or 0418 363 261

[snadj@linkhc.org.au](mailto:snadj@linkhc.org.au)