

Monday, 9 December 2024

Press Release

Exhibition: Threads of Being – A creative call to action for the future of mental health in Europe.

11-15 December 2024 - Thu, Fri, Sun: from 12:00 to 17:00; Sat: from 12:00 to 18:00

Talk C.E.C. Chau. De Wavre 143, 1050 Ixelles

Vernissage: 11 December, 17:00-21:00

The works featured in *Threads of being* explore how art and culture help us understand ourselves, each other, and the world around us. Through the exhibition visitors are invited into a conversation about mental health and the circumstances that shape it. They are asked: What can we learn about lived experience and creative expression? What would it take to build a Europe where we can all live a life of quality?

The link between arts and mental health has been well documented. Creative expression is one of the ways we can communicate and express our complex and intangible experiences. Art can help us mediate the relationship between our inner and outer lives; to better understand the world around us and what it means to be in it. Through art and culture, we can examine and appreciate what connects us and what divides us – the threads of being. The experience of being and creating together is in itself powerful and important.

Threads of being is a creative call to action for the future of mental health in Europe. People in Europe care about mental health, and most agree that mental health support is lacking. Citizens are asking for action, and in 2024 were given a promise that the EU will step up work on mental health. But what form should that action take? Mental Health Europe, together with many other organisations interested in mental health, [is calling for a European Mental Health Strategy](#), one that includes a clear timeline, a dedicated and adequate budget, and measurable indicators to ensure progress. By centering the work of people with lived experience of mental distress and their supporters in this exhibition, we aim to

Equal rights. Better mental health. For all.

spark a wider conversation about the shape of that future action on mental health, and how to address mental health as a society.

Artists Featured

Kirsi-Marja Moberg (Finland)

Elisaveta Kopp (Germany)

Viv Magia (Finland)

Gerda Leeffers (Netherlands)

Julie Cleere (Ireland)

Santa Silina (Latvia)

Aline Gerards (Finland)

Tea Geitel (Finland)

Ugnė Grigaitė (Lithuania)

Pam Abela (Malta)

Coen van Rooij (Netherlands)

Lisette Fleur (Netherlands)

About

Mental Health Europe, the main independent European non-governmental network organisation committed to the protection of the rights of persons with psychosocial disabilities, the promotion of positive mental health, the prevention of mental distress, and the improvement of mental health care and social inclusion.

The exhibition is organised with financial support by ERV programme of the European Union, the Evens foundation, Porticus, the European Cultural Foundation, and the Moleskine foundation.

Operational support from the Evens Foundation, Mieli Mental Health Finland, the Moleskine Foundation and Culture Action Europe.

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