

Q6: What kind of images would you hope to see, or like to see, in the future to reflect mental health practices?

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I think that when it comes to treatment or encouraging people to get help, we can't encourage a one size fits all option, like go to the psychologist and take your meds. That's why I really love all of this because I think the creative arts therapies are so useful and they can be so diverse and individualized. People can use music or art, acting, dancing to, you know, find a means of treatment or expression and you know accepting their illness and who they are and connecting with others and if we were to have creative arts therapies to grow, I think that we would find that very beneficial because there has been a taken away... like in schools, the creative subjects have been pushed off and there is a big focus on math and science but when you look at how useful and amazing the creative arts are and the benefits that it gives people, I think that people can make with it what they want and they can really create something beautiful and there is massive healing properties in that.