

MEDIA RELEASE | 28 October 2022

Boosting mental health with art

During National Mental Health Month, the City of Victor Harbor's Fleurieu Families team embraced the connection between art and wellbeing.

The process of creating art is known to activate reward pathways in the brain, reduce stress, lower anxiety levels and improve mood.

In light of this and October being National Mental Health Month, the City of Victor Harbor took the opportunity to promote the benefits of art to the local community.

In early October, local families were invited to participate in art classes hosted by artist and arts psychotherapist, Jane Smeets, at Coral Street Art Space.

The classes were titled 'Hope through finding our happy place', and each participant created an artwork of their own.

Artist Jane Smeets said art is a visual language inclusive of all ages, gender, abilities, and cultures.

"Creative expression is vital for connection with our thoughts, feelings, perceptions with outer realities and life experiences," Ms Smeets said.

"It provides an opportunity to create meaning and share our stories and a life lived."

The art that was created during the classes was then presented at an exhibition held on Thursday, 27 October 2022. Donations to go towards Skylight Mental Health were also collected on the night.

City of Victor Harbor Acting Chief Executive Officer, Karen Rokicinski, said the art exhibition was a great success.

"Council was very proud to host this event," Ms Rokicinski said.

"Well done to all the families that took part and created some amazing art pieces."

This project was supported with a Mental Health Month Grant from the Barossa Hills Fleurieu Local Health Network and Mental Health Coalition South Australia.