



youngaddaction

Young People's Perceptions on Mental Health and Adolescent Self-Harm

Turner Contemporary

Margate | 25th - 27th August 2017



For one weekend only, Margate's Turner Contemporary will host drawings, paintings, photography and mixed media pieces by young people addressing the topics of mental health and self harm in particular.

All artworks are by young people who have attended Mind and Body, an early intervention programme, which supports individuals across Kent, Cornwall and Lancashire.

The programme is delivered by national mental health, drug and alcohol treatment charity Addaction.

www.addaction.org.uk





Arms of support

“I want people to have faith to overcome mental issues, like the people on the programme have done or are on the journey to recovery. They may not ever fully recover, but there is support there.

I want to show and tell people that things do get better. Although some may not feel like it does, it will if you try and help yourself. I've been able to do it and so have many others. Friends are a positive part of life. You can turn to them for help and support.

Mind and Body have been able to help us carry out this project. We want to show you the support it has given us and what we can achieve.”



Hidden depths

“I chose this piece because the use of shadows and light can show the different sides of a person and using the surroundings and interactions with others can truly show a person’s personality that could be hidden otherwise.

I would like other people to take from this piece that sometimes what a person shows initially might not be their true personality and you can not really see a person without interaction with them.”





You're not alone

“Before I started Mind and Body I was alone, had no one to talk to, and had trouble being social. I felt like I only had one friend. I didn’t know how to tell people how I felt.

Being in the group helped me become more social, I made new friends. I learnt to talk to people and tell them how I was feeling. Now I feel happier. I have started to talk more and I have friends in my group.”



Empowerment

“It’s the first picture I don’t mind.
It represents my confidence in myself.”

Mind and Body taught me to take control,
be positive and live my life to the full.”





Taking the first step

“At the beginning of the programme I felt shy, isolated and that everything was a blur. I felt different to everyone else and felt like I was the only one suffering and feeling this alone. I felt very alone in my friends group and my anxiety would put many negative thoughts in my head.

Starting the programme I finally felt accepted as part of a group and I made new friends. I feel stronger emotionally and mentally. The Mind and Body programme showed me that things get better and there is darkness before light.”



Dab

“The picture shows us being confident, feeling supported, not alone and bonding as a group.

Joyful, understood and being free to do what we want.

We got inspired and we have a voice.”





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