



**MENTAL HEALTH IN
PICTURES
POETRY READING
WITH THE AUTHOR
PROPOSAL**



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@DOROTA.CHIOMA.ART**

BACKGROUND

I am an artist and poet, exploring a range of topics associated with mental health and grief.

After years of self-suppression, which was sabotaging my wellbeing and leading to a massive mental health breakdown, I rediscovered my creativity through art therapy followed by an independent artistic journey.

Art became my medicine without which I would not be able to cope with mental health challenges. My artwork explores the varying states concerning the mind and mental health. Engaging in these diverse subjects led me to a reflection and visual representation. Although I use different media between different pieces, they are connected by recurring concerns and through the subject matter.

I aim to encourage participants to engage with unexplored territories or to soothe them with familiarity should they identify with the challenges expressed. My art manifests and represents the struggles of many people who suffer from mental ill-health. It also evidences the healing properties of art, hence advocates for raising awareness.



ABOUT THE BOOK



WHO IS THE
TARGET
READER?

Anybody who would like to explore mental ill-health, lives with or works with those who suffer with mental ill-health; Mental Health in Pictures raises awareness of living with depression. It is suitable for young people and adults; I know of teenagers as young as 12 years of age who have benefited from the book.



WHAT ARE
THE
BENEFITS
AND
FEATURES?

The reader is faced with an image and a narrative behind the picture, often in the form of poetry.

In a society where 1 in 4 people experiences mental health issues, and in the current climate of uncertainty which challenges our mental wellbeing, it is important to get talking. From my own experience, I know that it is often difficult to find words to explore mental health issues, particularly with a person who may have little experience in this subject. I have found that a visual image is a great conversation starter and a effective way to depict what may otherwise be difficult to describe.



WHY DID I
WRITE THIS
BOOK?

The pandemic we are living through, the isolation, long lockdowns and the fear of what may happen next, has negatively impacted many of us. Mental health problems are on the rise and it is predicted to keep rising.

The time to raise awareness of mental health issues is now.

Time to change the perception of it and challenge the stigma is NOW.

Too many lives are at stake...



Mental health states and in particular mental ill-health is quite abstract and stigmatising, making it difficult to talk about.

Mental Health in Pictures links with the PSHE curriculum and fits into the topics around mental health; opening the opportunity for meaningful conversations, and in turn normalising mental ill-health.

Working with external organisations and visitors can enhance understanding of these subjects, while bringing in specialist knowledge enables exploring different ways to engage with young people and adults.

Because I am the author and illustrator of the book, I explain how I used my creativity to deal with my own mental health challenges.



Should you wish to gain some insight into my story and how my book triggers conversations please watch a short documentary here:



<https://youtu.be/aLCRCp0eqzM>

Bookings need to be communicated a minimum 2 weeks in advance.

Email:

dorota.chioma@gmail.com

Telephone: 07949 364 434

BUDGET, TIMELINE, AND DELIVERABLES

DorotaChiomaArt is a free licenced artist and can provide an invoice evidencing any expenditure and holds a clear enhanced DBS.

- **OPTION ONE** - A FREE 1 hour with the author, during which a few poems are read and audience's questions are answered, while the author's copies are purchasable and signed by the author (cash only, book price £18 * author copies, hence the reduced price).
- **OPTION TWO** - should selling the author copies on site not be permitted for any reason, then 1 hour time with the author during which the story is read and audience's questions are answered: £30

