

## Mental Health and Arts Engagement in the Loddon Campaspe Region

The Dax Centre is taking expressions of interest for people with lived experience of mental health to participate in group art activities or individual discussions on their experiences in accessing creative experiences and opportunities.

We are holding the workshops to better understand the needs of people with lived experience in regards to creative activities that would support better mental health outcomes.

The Dax Centre will be writing a submission to the Royal Commission into Victoria's Mental Health System about the ways that art and creativity may be able to support mental health in regional Victoria.

The group art activities will be held in July and August. In light of the latest state government advice regarding COVID-19, we expect that most workshops and discussions will be held online.

### Who is this for?

- Individuals with lived experience of mental illness that would like to participate in a group art activity and have the opportunity to discuss how creativity helps them
- Mental health professionals who may be working with a group of people in either a hospital or community setting and would like to work with us to organise a group art activity for their clients
- Artists and creatives working in the Loddon Campaspe region who are running creative activities focused on mental health and would like to share their work with us

The focus of the activity will be on art, art making and discussions of access to creative activities in the community. Participants will not be asked to share information about their lived experiences. The Dax Centre will not be recording personal details of anyone participating in the activities.

Register your interest via email to [info@daxcentre.org](mailto:info@daxcentre.org) with the subject line "Art experiences and mental health".

People with lived experience participating in the art groups will be remunerated for their time.

We look forward to hearing from you!

