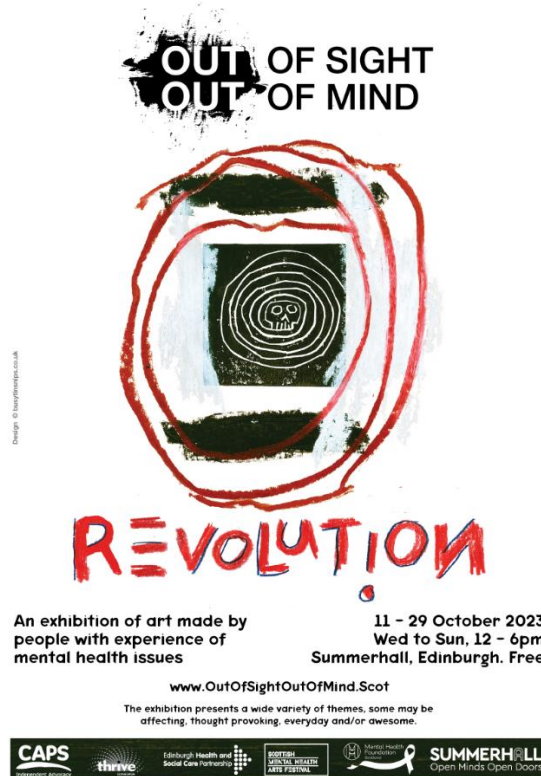




**SCOTTISH
MENTAL HEALTH
ARTS FESTIVAL**



For immediate release:

REVOLUTION!

**200 voices at
Scotland's biggest mental health art exhibition
Out of Sight Out of Mind
at Summerhall**

**Launch: Tuesday 10th October 2023, 6-8pm (booking required)
Exhibition: 11-29th October 2023 at Summerhall, Edinburgh**

Out of Sight Out of Mind is in its 11th year and is Scotland's biggest mental health art exhibition. It takes place this October at Summerhall in Edinburgh and rejoins the Scottish Mental Health Arts Festival programme which is also on at the same time.

The exhibition will be spread over three floors in Summerhall and will show artworks made by more than **200 people**, including films, paintings, sculptures, photography, installations and more.

Many exhibitors will respond to the Scottish Mental Health Arts Festival theme of '**Revolution**'. Some are expressing their own personal revolutions, or their vision of what a revolution could be.

The exhibition will have a 'Revolution Room' where visitors can explore their own ideas on the theme.

Exhibition organisers said:

"We have been after a theme like this for a while. We have wanted something with punch, and we finally have it."

"Revolution can embody movement. It is not static, but a process of change and transformation. It can also be quiet and mindful, characterised by small gestures of the everyday which can have a large impact."

Out of Sight Out of Mind was started by a number of activists in 2013 and continues as a platform for many people with experience of mental health issues to express whatever they want to using art; their voices louder together. That in itself can be considered revolutionary. Visitors sometimes experience seeing themselves and society reflected in the artworks, which can also be revolutionary for them.

The exhibition launches on the evening of 10th October, and will be open from 11th to 29th October, on Wednesdays to Sundays from 12-6pm. Visit the exhibition's website for the most up to date information and see the programme of events: www.outofsightoutofmind.scot

More quotes from organisers and exhibitors:

"This is a beautiful collaboration of unique voices lifting each other up and placing fragments of humanity together, shaping a whole".

"Mental health is a journey; the exhibition is a space for people on any part of that journey".

Get in touch to request images, the 2023 poster or more information:

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Web: www.outofsightoutofmind.scot

#OOSOOM2023

Social: <https://www.facebook.com/oosoomexhibition/>

Exhibition dates:

Exhibition Launch: Tuesday 10 October evening, 6-8pm, booking required

Exhibition: 11 to 29 October, open Wednesday to Sunday, 12-6pm, Summerhall, Edinburgh

Events:

OOSOOM Uncovered Online (meet the exhibitors): Fri 20 October – 2-3.30pm

OOSOOM Uncovered In-person (meet the exhibitors): Wed 25 October – 2-4pm

Zines for a Revolution Workshop In-person: Tue 17 October – 1-3:30pm

Note to editors:

Out of Sight Out of Mind is organised by people who have lived experience of mental health issues. It is a CAPS Independent Advocacy project, funded by Edinburgh Health and Social Care Partnership as part of Thrive Edinburgh. The exhibition is part of Scottish Mental Health Arts Festival. Visit the website for further information, and to see last year's exhibition:

www.outofsightoutofmind.scot

CAPS Independent Advocacy is a Scottish Charitable Incorporated Organisation. Scottish Charity Number: SC021772

Partner organisations:



SUMMERHALL
Open Minds Open Doors

Selection of images from 2022:





