

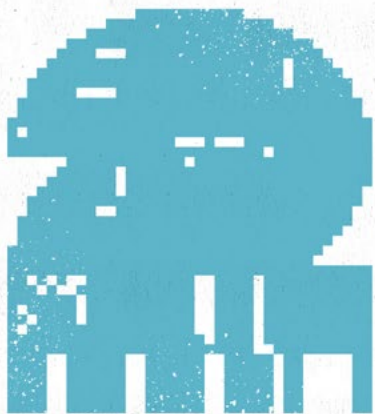
SCOTTISH MENTAL HEALTH ARTS FESTIVAL



Comfort

and

Disturb



**HUNDREDS OF EVENTS
ACROSS SCOTLAND,
EXPLORING MENTAL HEALTH**
www.mhfestival.com

SCOTTISH
MENTAL HEALTH
ARTS FESTIVAL

MENTAL
HEALTH
FOUNDATION

CREATIVE
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1056914
Printed on Carbon Captured paper

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SMHAF '24 © Ingrid Mur

Welcome

Welcome to the Scottish Mental Health Arts Festival's 2025 programme. In our 19th year, we're celebrating the theme **Comfort & Disturb**.

Comfort and Disturb

Chosen collectively by our national planning group, this theme references the famous Cesar A Cruz quote about art as activism, the idea that "art should comfort the disturbed and disturb the comfortable". It is a simple expression of the power of art both to challenge and to console, often having a transformative effect on people and societies. Art does not have to be activism, of course. It can be a source of comfort for everyone and anyone who wants it. Art can also disturb with no agenda other than creating an emotional reaction.

Being creative can involve choosing whether to comfort or disturb. If art leans too heavily towards comfort it can feel cloying and sentimental and not comforting at all. But if it is too disturbing it can be harmful to our mental health. Finding the right balance is a creative challenge. Art is often most effective when it is comforting and disturbing at the same time.

Art should comfort the disturbed and disturb the comfortable. Cesar A Cruz

The Cruz quote, though, argues that who we comfort or disturb is crucial, that art should challenge privilege, power and complacency at the same time as bringing solace to those who most need it. Our festival has always challenged stigma and prejudice about mental health, and we continue to provide a platform for often marginalised artists to tell their own mental health stories in their own way.

There are too many highlights across the programme to mention here, with hundreds of events taking place across Scotland, exploring the festival theme through film, theatre, music, visual arts, writing, creative workshops and more. We hope that you will join us at the festival to feel comforted, disturbed, and everything in between.

SMHAF at Civic House



Civic House, 26 Civic St, Glasgow G4 9RH

Tickets are Pay What You Can or FREE. For paid events, there is a limited allocation of FREE tickets, available to those who could not otherwise afford to attend.

Please see listings at www.mhfestival.com/events for more details and event line-ups.

Are You Sitting Comfortably?



Theatre, discussion & more



Are You Sitting Comfortably? is a one-day programme showcasing new mental health themed theatre by Emma Lynne Harley, Milly Sweeney, Ese Ighorae, and Skye Loneragan, plus creative conversations, installations and more.

Book now for a day of memorable performances and lively conversation, bringing together a community of people who are making thought-provoking creative work about mental health.

Thu 23 Oct, 11am-5.30pm
 Pay What You Can: £15 / £10 / £5 / FREE
 Book: tikt.link/sittingcomfortably

Walking on Eggshells by Emma Lynne Harley

SMHAF x A Kick Up the Arts



Music, discussion



SMHAF teams up with Nicola Meighan's A Kick Up the Arts podcast for a special evening of conversation and music, bringing together three Scottish singer-songwriters whose work has explored various aspects of mental health.

Join BBC Broadcaster and A Kick Up The Arts host Nicola Meighan as she explores creativity and mental health with Emma Pollock, Jo Mango and Amy Duncan.

Thu 23 Oct, 7-9pm
 Pay What You Can: £10 / £7 / £4 / FREE
 Book: tikt.link/smhafkick

Emma Pollock

Participatory Arts and Mental Health Symposium



Discussion



What are the challenges, and rewards, involved in creating participatory arts projects that focus on mental health?

For this one day gathering, SMHAF is inviting artists and organisations from across Scotland to share their experiences of working in a creative way with people who have experienced long-term mental health issues, with support from Creative Scotland and the Baring Foundation.

Fri 24 Oct, 11am-5pm
 FREE | Book: tikt.link/symposium25

SMHAF '23 © Ingrid Mur

Film Line-Up in Glasgow

Join us in Glasgow for our film programme, bringing together bold, imaginative and deeply personal cinema exploring mental health. This year's line-up reflects the festival theme **Comfort & Disturb**, showcasing work that challenges stigma, embraces complexity, and invites audiences to reflect on the emotional landscapes we all navigate.

Selected from over 450 submissions, our programme from 6-8 November at CCA and The Social Hub features a rich mix of features, shorts and documentaries from Scotland and around the world. From finding comfort in home and community to exploring the profound impact that everyday disturbances can have on our mental health, our themed shorts programmes approach these ideas from unique angles, offering deep and diverse perspectives and inventive interpretations.

Feature highlights include UK premieres of *DIAGNONSENSE*, Ane-Martha Tamnes Hansgård's extraordinary documentary sculpted from personal archival footage, and Maurice O'Brien's *Chasing the Light*, which explores spiritual reckoning at a renowned Buddhist Temple in West Cork. To close the weekend, we are excited to present a special screening of *Palestine Comedy Club*, which follows six

Palestinian comedians using humour to process trauma and life under occupation.

Throughout the festival, we will be hosting weekly screenings at Glasgow Film Theatre, including a rare opportunity to see Jane Campion's *An Angel at My Table* in 35mm to celebrate its 35th anniversary. Selected films will also be touring to Edinburgh, Aberdeen, and Dundee, including an opening night Q&A screening of Myrid Carten's first feature *A Want in Her* to mark our return to Filmhouse.

All events in Glasgow are Pay What You Can and descriptive subtitles are available across the majority of the programme. We aim to create a welcoming, inclusive and safe space for everyone to engage with these powerful stories and respond to these films on their own terms.

We look forward to welcoming you.



Venues & Ticketing

📍 CCA: Centre for Contemporary Arts, 350 Sauchiehall St, Finnieston, Glasgow G2 3JD

📍 The Social Hub, 15 Candleriggs Square, Glasgow G1 1TQ

🎫 Tickets are Pay What You Can: £10 / £7 / £4 / FREE. There is a limited allocation of FREE tickets, available to those who could not otherwise afford to attend.

📄 All screenings will feature a Q&A with filmmakers or a panel discussion. Please see www.mhfestival.com/events for full details, including guests and short film listings.



← A Want In Her

Thu 06 Nov

INTERNATIONAL FILM AWARDS

Awards: Selected from over 450 submissions, we will be celebrating the stunning winning films that confront and reflect on mental health. Talented filmmakers have brought their stories to life through profound and thought-provoking cinema and we're excited to share their incredible achievements. Join us to hear from this year's award-winners, discover what's coming up over the rest of our film weekend in Glasgow, and enjoy a drink at our post-ceremony reception. Hosted by Raisah Ahmed.

- 🕒 Thu 6 Nov, 7-9pm (Doors 6.30pm)
- 📍 The Social Hub, Theatre
- 🎫 Book: tkt.link/filmawards25

Fri 07 Nov

FILM IN MIND

Workshop: How can we advocate for a mentally healthier approach in the film industry? Aimed at filmmakers who have been involved in making work exploring mental health, this small group session led by Film in Mind founder and psychotherapist Rebecca Day invites you to engage with practical, ethical and intellectual questions about how to integrate mental health considerations into the filmmaking process, and reflect on your own experiences making your films.

- 🕒 Fri 7 Nov, 10.30am-12.30pm
- 📍 The Social Hub, Meeting Space
- 🎫 FREE | Book: tkt.link/filminmind

GREY MILK & LOST KIN

d. Wilma Stone (UK, 2025) 82m
Moving Image, Installation: In Grey Milk & Lost Kin, artist filmmaker Wilma Stone gathers what has been discarded—damaged film, fragmented images, and forgotten archival voices—and transforms them into a polyphonic dreamscape. Crafting an imaginary world of

her hidden ancestral lineage—from the Gypsy/Traveller communities of Scotland—she restitches the edges of a history torn by colonial legacies and trauma.

- 🕒 Fri 7 & Sat 8 Nov, 11am-6pm
- 📍 CCA
- 🎫 FREE
- 📄 smhaf@mentalhealth.org.uk

THERE'S COMFORT IN COMMUNITY

Shorts: This programme explores human connection and the profound comfort found in community. Reflecting participatory approaches and close ties between filmmakers and contributors, these short films highlight how adversity can be transformed into opportunities for healing and solace can be found in the bonds forged with others. Their stories remind us of community's vital role as a source of comfort, togetherness, and collective resilience.

- 🕒 Fri 7 Nov, 1-3pm
- 📍 CCA
- 🎫 Book: tkt.link/comfortcommunity
- 👤 15+: References to suicide, mass shooting, violence.



↑ SMHAF '24 Film Awards © Ingrid Mur

UNIQUE PERSPECTIVES

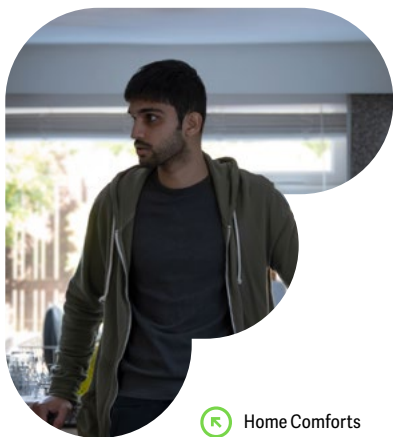
Shorts: From snow-peaked mountains to surreal dreamscapes, this programme brings together a bold selection of shorts that explore identity, and offer insight into lives often left at the margins. Blending performance, archive, poetry and surreal images, these films blur the lines between internal and external worlds, making visible that which is often hidden by stigma or silence, and reminding us that every body carries a story.

🕒 Sat 8 Nov, 3.20-5.10pm

📍 CCA

📖 Book: tikt.link/uniqueperspectives

👤 15+: Flashing imagery; References to drug use, eating disorders, racism, sex, suicide; Depiction of blood, violence.



🏠 Home Comforts

HOME COMFORTS

Shorts: What does it mean to call somewhere home? Is it the place we grow up, the people we share it with or the identities we form inside its walls? Home Comforts invites us to look closer at the spaces we inhabit and inherit, questioning what they give us, what they take from us - and how they shape who we become.

🕒 Fri 7 Nov, 5.30-7.30pm

📍 CCA

📖 Book: tikt.link/homecomforts

👤 15+: References to eating disorders, surgical imagery.



📍 Unique Perspectives

DIAGNONSENSE

d. Ane-Martha Tamnes Hansgård (Norway, 2025) 1h 12m

+ We Can Still Hear You

d. Marie Trestrail (Scotland, 2025) 14m

Documentary: For over 15 years, director Ane-Martha Tamnes Hansgård was labelled with several serious psychiatric diagnoses. Her perpetual treatment process left her struggling to distinguish between her own identity and the one explained by her various conditions. In an effort to find herself, she began documenting her life. The result is a unique cinematic universe based on her experiences sculpting a narrative from an extensive collection of private archival footage.

DIAGNONSENSE will be preceded by Marie Trestrail's short film We Can Still Hear You, a creative short documentary that follows the filmmaker on a journey to interrogate her experiences with OCD in a new and intimate way.

🕒 Fri 7 Nov, 8-9.50pm

📍 CCA

📖 Book: tikt.link/diagnonsensegl

👤 15+: References to self-harm and suicide.

Sat 08 Nov

DISTURBANCES

Shorts: This collection of short films blends animation and drama, reframing a series of distinctive interruptions to everyday lives as powerful opportunities for reflection and exploration. Through these often unsettling narratives, we are invited to consider what it means to be "disturbed" and how individuals can evolve and grow from these experiences. This unique programme offers an immersive and thought-provoking cinematic journey that challenges perspectives and resonates long after the credits roll.

🕒 Sat 8 Nov, 12-2pm

📍 CCA

📖 Book: tikt.link/disturbances

👤 18+: Flashing imagery; References to suicide and childhood sexual abuse; Depiction of blood.

PSYCHOGEOGRAPHIES

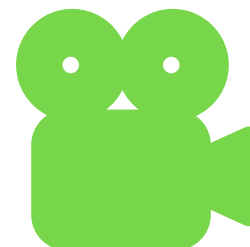
Shorts: Taking you on a journey through physical and imagined geographies, these diverse short films reveal complex landscapes shaped by trauma, grief and conflict. Encompassing drama, documentary and experimental works, these meticulously crafted stories highlight the complexities of taking care in the most challenging circumstances and the ways that individuals navigate and create their own unique worlds.

🕒 Fri 7 Nov, 2.30-4.30pm

📍 CCA

📖 Book: tikt.link/psychogeographies

👤 15+: References to abuse, suicide, trauma, violence.



CHASING THE LIGHT

d. Maurice O'Brien (Ireland, 2024) 1h 20m

+ Sphagnum

d. Lewis Lanzini (UK, 2025) 9m

Set amongst the spiritual community of West Cork, Ireland, this feature documentary centres on Peter Cornish and Dzogchen Beara, a spiritual retreat based on the tenets of the Tibetan Buddhist faith. When Peter's dream of building a safe haven is disturbed by shocking allegations against their spiritual leader, he's forced to confront the fragile reality of his life's work.

Chasing the Light will be preceded by Lewis Lanzini's Sphagnum, a poetic, experimental short film set in the peatlands of West Yorkshire and Finland's Teijo National Park.

🕒 Sat 8 Nov, 5-7pm

📍 CCA

📖 Book: tikt.link/chasingthelight

👤 15+: Themes of institutional abuse.

PALESTINE COMEDY CLUB

d. Alaa Aliabdallah (Palestine, UK, 2025) 1h 36m

+ The Key

d. Theo Panagopoulos (Scotland, 2024) 13m

Following six Palestinian comedians coming from Haifa, Ramallah, Jenin, Hebron, and the Golan Heights who come together to form the first Palestinian Comedy Club. Each brings a unique lived experience and distinct perspective on life under occupation, illustrating how comedy serves as a vital space for creativity and a means to explore and process their deep-rooted trauma.

Palestine Comedy Club will be preceded by Theo Panagopoulos's short film The Key, a Scottish-Palestinian magical realism film about personal and collective grief.

🕒 Sat 8 Nov, 7.30-10pm

📍 CCA

📖 Book: tikt.link/palestinecomedy

👤 15+

Glasgow Film Theatre

Throughout the festival, we are excited to host weekly screenings at the GFT curated by Lauren Clarke, with special Pay What You Can ticket pricing.

 Glasgow Film Theatre, 12 Rose St, Glasgow G3 6RB

 Pay What You Can: £10 / £8 / £6 / £4 / £2 / FREE
Book: glasgowfilm.org/scottish-mental-health-arts-festival

 0141 332 6535



 A Sister's Tale

Wed 22 Oct

A WANT IN HER

d. Myrid Carten (Ireland, 2024) 1hr 21m

Documentary: An unforgettable and evocative first feature from Irish visual artist Myrid Carten as she turns the camera on the complex and often painful dynamics of her relationship with her alcoholic mother. When Carten receives unsettling news that her mother, Nuala, has mysteriously disappeared, she returns to Ireland to look for her.

In collaboration with Scottish Documentary Institute.

Also screening at Filmhouse in Edinburgh on Mon 20 Oct, see p.27 for details.

 Wed 22 Oct 8.20-10.30pm

 15+: Themes of alcohol addiction.

Thu 30 Oct

A SISTER'S TALE

d. Leila Amini (Iran, 2024) 1hr 32m

+ Between Us

d. Maryam Haddadi (UK, 2025) 15m

Documentary: Filmmaker Leila Amini's debut feature turns the camera on her family and offers a spellbinding portrait of sisterhood rooted in resistance, hope - and music. For over seven years, Amini has documented a transformative period in her sister Nasreen's life, capturing moments of vulnerability as she navigates the challenges of being trapped in a loveless marriage, deteriorating mental health, and seeks to reignite her dream of becoming a singer.

A Sister's Tale will be preceded by Maryam Haddadi's short film Between Us, a tender and poignant meditation on migration. Haddadi shares the camera with her 4-year-old son, capturing intimate moments whilst navigating their new identity as migrants while yearning to preserve their cultural heritage left behind.

 Thu 30 Oct, 5.30-8.10pm

 15+

Wed 05 Nov

AN ANGEL AT MY TABLE IN 35MM

d. Jane Campion (New Zealand, 1990) 2h 38m

Drama: A rare opportunity to see the sophomore feature which catapulted renowned filmmaker Jane Campion to international acclaim in 35mm.

An insightful portrait of New Zealand writer Janet Frame, chronicling her early childhood to years spent institutionalised, through escapades in Europe and ultimate journey to literary success. Campion works to tease out the relationship between Frame's creative brilliance and mental health challenges, with writing consistently a source of hope and freedom.

This screening will include specially commissioned programme notes by writer Rose Ruane.

Also screening at Dundee Contemporary Arts on Tue 21 Oct, see p.51 for details.

 Wed 5 Nov, 7.30-10.40pm

 15+: Themes of abuse and institutionalisation.



 An Angel at My Table

SMHAF x WayWORD



The writing awards is a major highlight in the SMHAF programme and one of our most enduring successes. This year we are excited to be teaming up with WayWORD at the University of Aberdeen to present a live literary showcase and our annual prizegiving, hosted by poet Jo Gilbert.

The competition is an opportunity for new and experienced writers to be recognised for their work, which this year explores mental health and the theme of Comfort & Disturb. Writers from across Scotland, the UK and further afield have submitted pieces to our competition in three categories: Fiction, Poetry and Creative Non-Fiction.

Shortlisted writers will be invited to read on the night and have their work published in a collection illustrated by local artist Rosa Eisenberg.

The live literary showcase, guest curated by Ica Headlam of We Are Here Scotland, will feature performances by Aberdeenshire folksinger, Iona Fyfe, whose work is rooted deeply in the singing traditions of the North East of Scotland, queer poet and spoken word artist Mae Diansangu, and improvisational multi-instrumental singer-songwriter Nuna, plus performances from Aberdeen's creative communities.

At the end of the evening, we will invite shortlisted writers, guests and audience members to join us for a reception.

EVENT DETAILS

- 🕒 Wed 29 Oct, 6.15-9.30pm (Doors 6pm)
- 📍 Cowdray Hall, Schoolhill, Aberdeen, AB10 1JQ
- 💷 Pay What You Can: £10 / £7 / £4 / FREE
- 📖 Book: [tiktok.com/@smhafwayword](https://www.tiktok.com/@smhafwayword)
- 📧 smhaf@mentalhealth.org.uk



↑ Iona Fyfe © Elly Lucas

BATSHIT



Mental Health Foundation Fringe Award winner and one-woman tour de force BATSHIT returns to Scotland.

BATSHIT is a wildly theatrical, darkly comic, and deeply intimate reckoning with the myths and misconceptions of female madness. Created by psycho-siren Leah Shelton and directed by Olivier award-winning Ursula Martinez, BATSHIT is a requiem for Leah's grandmother Gwen, who was incarcerated for seeking independence in 1960s Australia.

BATSHIT draws on personal stories, in-depth research and pop culture to unpack how psychiatry has been shaped by gender bias.

Winner of a Scotsman Fringe First & the Mental Health Foundation Fringe Award at Edinburgh Fringe 2024, this renegade feminist dark comedy tears apart the labels used to control and undermine women through razor-sharp wit, raw storytelling, and unflinching performance.

BATSHIT is dedicated to anyone who has ever been told to calm down, smile more, or stop being hysterical.



↑ BATSHIT © Pia Johnson

TOUR DATES:

FRI 17 OCT

The Lemon Tree, Aberdeen (p.49)

WED 22-SAT 25 OCT

Traverse Theatre, Edinburgh (p.27)

Region -al



Event List- ings



Glasgow



The Scottish Mental Health Arts Festival in Glasgow is led by the Mental Health Foundation. The city hosts some of our most high profile events, including theatre showcase *Are You Sitting Comfortably?*, a Participatory Arts & Mental Health Symposium, and our annual International Film Awards.

Collaborating with a steering group of organisations across the city, including NHS Greater Glasgow & Clyde, as well as arts, public and third sector organisations, the local programme also features a host of exhibitions, performances, and participatory workshops for communities interested in or affected by mental health to enjoy and get involved with. This year, we are also celebrating Glasgow 850, with a special edition of our regular Moving Minds event and community engagement activities taking place during the festival.

We hope our programme in Glasgow comforts people who are experiencing mental health problems and disturbs the status quo by challenging perceptions and stigma.



mhfestival.com/glasgow



Glasgow

SEP
13



FEED

Visual Arts: Feed is an arts-based project promoting inclusive, sustainable approaches to infant feeding and public space. Its Feeding Chair will be on show at GoMA. With works by Jade de Montserrat, Krissi Musiol, Nicola Singh, Magda Stawarska and Charlotte Oliver, the work challenges negative attitudes towards feeding in public space and encourages conversations about care, vulnerability, relationships and human milk.

- 🕒 **Exhibition Launch:** Sat 13 Sep, 11am-12pm
- 🕒 **Opening Times:** Mon-Thu & Sat 10am-5pm, Fri & Sun 11am-5pm
- 📍 Gallery of Modern Art, 111 Queen St, Royal Exchange Square, Glasgow, G1 3AH
- 🆓 FREE
- 📧 GoMABookings@Glasgowlife.org.uk

SEP
13



JESSICA RAMM: HARD EDGES SOFT LAYERS

Visual Arts: A new exhibition by Glasgow-based artist and writer Jessica Ramm, exploring vulnerability in relation to motherhood. Part of Feed, a collaborative project challenging stigma around human milk and promoting inclusive, sustainable approaches to infant feeding and public space.

- 🕒 **Opening:** Sat 13 Sep, 11am-12pm
- 🕒 **Exhibition:** 13 Sep-30 Nov, Mon-Thu & Sat, 10am-5pm, Fri & Sun, 11am-5pm
- 📍 Gallery of Modern Art, 111 Queen St, Royal Exchange Square, Glasgow, G1 3AH
- 🆓 FREE
- 📧 GoMABookings@glasgowlife.org.uk
0141 287 3050

OCT
02



AFRICAN WOMEN'S NETWORK: COMFORT

Photography: Sharpen Her, the African Women's Network, presents a participatory photography exhibition created in collaboration with Open Eye and See Me exploring mental health stigma and intersectional discrimination. The images exude comfort, as women leaned into the support of their network and the resilience that lies within.

- 🕒 **By Appointment:** 2-31 Oct
- 📍 Sharpen Her - the African Women's Network, 2 Mosesfield Street, Glasgow G21 3AB
- 🕒 **Digital Exhibition:** 20 Oct-9 Nov
- 🆓 FREE
- 📧 www.sharpenher.info

OCT
10



THE COLOUR OF GRIEF

Visual Arts: A powerful solo exhibition exploring grief, recovery and hope through bold abstract paintings and video. Created in the wake of personal loss, the work traces an emotional journey from darkness to colour, offering a moving reflection on healing and the transformative power of art. Raising funds for bereavement support charity Cruse Scotland.

- 🕒 **Opening:** Fri 10 Oct, 6-8pm
- 🕒 **Exhibition:** 11-19 Oct, Sat & Sun 11am-5pm, Mon-Fri 12-7pm
- 🕒 **Closing Reception:** Sat 18 Oct, 6-8pm
- 📍 New Glasgow Society, 1307 Argyle St., Glasgow, G3 8TL
- 🆓 FREE
- 📧 info@sashashalina.com
- ♿ Venue not fully accessible

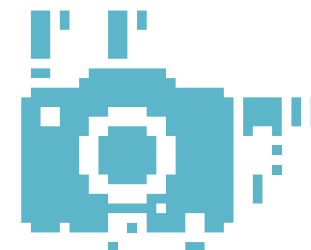
OCT
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BRAVE SPACES

Visual Arts: An exhibition of original screenprints created by participants working with Bazooka Arts and Glasgow Print Studio. Responding to the theme Brave Spaces and artworks from the GPS Archive, the prints inspire breaking out of our comfort zones.

- 🕒 20 Oct-5 Nov, Mon & Fri 9.30am-5.30pm, Tue & Wed 9.30am-6.30pm, Thursday 9.30am-8.30pm, Sat 9.30am-7.30pm, Sun 12-6.30pm
- 📍 Trongate 103, Glasgow, G1 5HD
- 🆓 FREE
- 📧 create@bazookaarts.co.uk



OCT
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TIME AND SPACE: COMFORT IN CHAOS

Multi-Arts: An exhibition exploring the theme of Comfort & Disturb through the experiences of people who hear voices and/or self-harm. Members of Time and Space delve into their personal perspectives through illustration, paper sculpture, and poetry. Take part in our writing/art workshop at the Byres Community Hub during the festival – join us and share your voice!

- 🕒 **Exhibition:** 20 Oct-9 Nov, Mon-Fri 8am-5pm
- 🕒 **Workshop:** Tue 4 Nov, 11am-1pm
- 📍 Byres Community Hub - Clarice Pears Building, 90 Byres Road, Glasgow, G12 8TB
- 🆓 FREE
- 📧 info@timeandspace.org.uk
- ⚠ Quiet space



OCT
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DO NOT DISTURB!

Photography: Photography exhibition presenting staged photographs which tell the stories of people who have been or are affected by poor mental health. The individual and photographer have conceived a visual image to depict an aspect of their feelings, good, bad, indifferent, poetic, or humorous. Some seek to comfort, others to disturb.

- 🕒 Mon 20 Oct-Thu 20 Nov, Mon-Thu 10am-8pm, Fri-Sat 10am-5pm, Sun 12-5pm
- 📍 Hillhead Library, 348 Byres Road, West End, Glasgow, G12 8AP
- 🆓 FREE
- 📧 rosssamson@btinternet.com
07985 046 827

OCT
20



IR/REGULAR

Visual Arts: ir/regular is a personal exhibition of paintings by Grant Glennie existing somewhere between the opposites of regularity and irregularity. It explores the interconnected themes of lived experience of mental health, art therapy, medication, side effects, illusions and funding.

- 🕒 **Reception:** Mon 20 Oct, 1-3pm
- 🕒 **Exhibition:** 20 Sep-1 Nov, Wed-Sat 11am-5pm
- 🕒 **Private Viewings:** By Appointment
- 📍 Project Ability, Trongate 103, Glasgow, G1 5HD
- 🆓 FREE
- 📧 exhibition@project-ability.co.uk
0141 552 2822

OCT
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GARTNAVEL ROYAL SUMMER HOUSE RESIDENCY

Visual Arts: Project Ability artists and inpatients from Gartnavel Royal reflect on ideas of comfort and disturbance within nature in this exhibition with Art in the Gart at Gartnavel Royal Hospital. The artists were invited to create artworks inspired by the wildlife and gardens. Project Ability's walking group visited on several occasions, creating artworks both in the gardens and back at the studio.

- 🕒 **Reception:** Tue 21 Oct, 1.30-3pm
- 🕒 **Exhibition:** 21 Oct 2025-1 Oct 2026, Mon-Sun, 10am-5pm
- 📍 Gartnavel Royal Hospital, 1055 Great Western Rd, Glasgow, G12 0XH
- 🆓 FREE
- 📧 exhibitions@project-ability.co.uk
Groups over 10 visiting the exhibition: please email to arrange your visit.



Gartnavel Royal Summer House Residency © Stuart Low

OCT
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ARE YOU SITTING COMFORTABLY?

Multi-Arts: A memorable one-day programme showcasing new mental health themed theatre by Emma Lynne Harley, Milly Sweeney, Ese Ighorae, and Skye Loneragan, plus creative conversations, installations and more. See p.4 for more details.

- 🕒 Thu 23 Oct, 11am-5.30pm
- 📍 Civic House, 26 Civic St, Glasgow, G4 9RH
- 🎟 Pay What You Can: £15 / £10 / £5 / FREE
- 📖 Book: tikt.link/sittingcomfortably
- 📧 smhaf@mentalhealth.org.uk

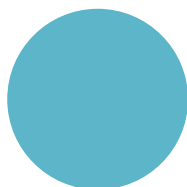
OCT
23



CHANCE2CHANGE: HEALTH N EQUALITY

Film, Community: Celebrate creativity and community with Chance2Change. Enjoy spoken word films, powerful art, and excerpts from our collaborative novel exploring health inequalities in underserved communities. Join us to honour lived experience and spark vital conversations.

- 🕒 Thu 23 Oct, 1-2.30pm
- 📍 The Phoenix Centre, 5 Monymusk Place, Glasgow, G15 8JH
- 🆓 FREE
- 👤 16+
- 📧 caroline@drumchapellife.co.uk



OCT
23



EVERYTHING YOU EVER WANTED TO KNOW ABOUT STRESS BUT WERE TOO AFRAID TO ASK

Comedy: It does what it says on the tin! Learn about the 14 signs of stress, where it comes from, what it looks like and how to manage it, with therapeutic comedy from Raymond Mearns and special guests.

- 🕒 Thu 23 Oct, 2.30-3.50pm
- 📍 The Stand Comedy Club, 420 Great Western Road, Glasgow, G4 9JA
- 🎟 £12 / £10
- 📖 Book: thestand.co.uk/whats-on/glasgow
- 👤 16+



Raymond Mearns

OCT
23



SMHAF x A KICK UP THE ARTS

Music, Podcast: SMHAF teams up with Nicola Meighan's A Kick Up the Arts podcast for a special evening of conversation and music, bringing together three Scottish singer-songwriters – Emma Pollock, Jo Mango and Amy Duncan – whose work has explored various aspects of mental health. See p.5 for more details.

- 🕒 Thu 23 Oct, 7-9pm
- 📍 Civic House, 26 Civic St, Glasgow, G4 9RH
- 🎟 Pay What You Can: £10 / £7 / £4 / FREE
- 📖 Book: tikt.link/smhafkick
- 📧 smhaf@mentalhealth.org.uk

OCT
24



MIND THE GAP SYMPOSIUM: A COLLECTIVE STEP TOWARDS EARLY MENTAL HEALTH INTERVENTION FOR CHILDREN & ADOLESCENTS

Multi-Arts, Discussion: How do we address the gap between GP visits and CAMHS assessments? Join Spiral Creative Arts Therapies for a day of panel discussions, group work and practical workshops exploring non-statutory mental health services for young people in Scotland. Open to all who work with or support children and adolescents.

- 🕒 Fri 24 Oct, 9.45am-5pm
- 📍 Spiral Creative Arts Therapies, 1st Floor, 51 Cadogan Street, Glasgow, G2 7HF
- 🎟 £50 / £35 (students/unwaged)
- 📖 Book: givewheel.com/fundraising/9744/mind-the-gap-symposium
- Please email if cost is a barrier to your attendance.
- 👤 16+
- 📧 liz@spiralartstherapy.com
- 🔇 Quiet space

OCT
24



GEOSTORIES

Storytelling, Workshop: Discover how geo-stories can be a powerful tool for voicing lived experiences of mental ill-health. Learn about our collaborative work with geo-stories, experiment with writing your own, and learn how you can run your own geo-story workshop with communities. Each participant will be given a geo-story resource pack.

- 🕒 Fri 24 Oct, 11am-1pm
- 📍 Byres Community Hub - Clarice Pears Building, 90 Byres Road, Glasgow, G12 8TB
- 🆓 FREE
- 📖 Book: geostoriesSMHAF.eventbrite.co.uk
- 📧 cheryl.mcgeachan@glasgow.ac.uk

OCT
24


PARTICIPATORY ARTS & MENTAL HEALTH SYMPOSIUM

Multi-Arts, Discussion: For this one day gathering, SMHAF is inviting artists and organisations from across Scotland to share their experiences of working in a creative way with people who have experienced long-term mental health issues, with support from Creative Scotland and the Baring Foundation.

- 🕒 Fri 24 Oct, 11am-5pm
- 📍 Civic House, 26 Civic St, Glasgow, G4 9RH
- 🎟 FREE | Book: [tikit.link/symposium25](https://www.tikitickets.com/symposium25)
- 📧 smhaf@mentalhealth.org.uk

OCT
25


CREATIVE WORKSHOPS: SUPPORTING ADOLESCENT IDENTITY & EXPRESSION

Multi-Arts: Join Spiral Creative Arts Therapies for two workshops aimed at those working with or supporting adolescents, drawing on dramatherapy and art therapy. Participants will gain creative and trauma-informed tools. No art or drama experience required.

- 🕒 Sat 25 Oct, 9.45am-5.15pm
- 🕒 **Myth & Masculinity:** 9.45am-12.45pm
- 🕒 **Soothing the Authentic Self:** 2.15-5.15pm
- 📍 Spiral Creative Arts Therapies, 1st Floor, 51 Cadogan Street, Glasgow, G2 7HF
- 🎟 £85/£65* full day, £50/£35* per workshop (*students / unwaged)
- Book: [givewheel.com/fundraising/9754/creative-workshops-supporting-adolescent-identity-](https://www.givewheel.com/fundraising/9754/creative-workshops-supporting-adolescent-identity-)
- 👤 16+
- 📧 liz@spiralartstherapy.com
- 🚫 Quiet space

OCT
28

THE FRIENDSHIP BENCH

d. Reabetswe Moeti-Vogt (USA, 2024) 76m

Film: When community loses hope, grandmothers take action. This documentary tells the story of The Friendship Bench, an initiative by psychiatrist Dr Dixon Chibanda to address Zimbabwe's growing mental health crisis. With few trained professionals in the country, he trained grandmothers (Gogos) in cognitive therapy to treat depression on public benches, an idea that has grown into a global movement. Followed by a panel discussion hosted by University of Glasgow's School of Health & Wellbeing.

- 🕒 Tue 28 Oct, 2-5pm
- 📍 Kelvin Hall Lecture Theatre, Kelvin Hall, University of Glasgow, 1445 Argyle Street, Glasgow, G3 8AW
- 🎟 FREE | Book: [SMHAFTheFriendshipBench.eventbrite.co.uk](https://www.eventbrite.co.uk/SMHAFTheFriendshipBench)
- 👤 15+: References to trauma, suicide, self-harm, and violence.
- 📧 julie.langan@glasgow.ac.uk

OCT
28


NEVER GIVE UP

Music: Headliner JustKate shares her journey of survival and transformation through spoken word, piano, and soulful singing. Her story is both raw and poignant, shaped by her experiences with the Scottish care system. Through her art, Kate turns her pain into something beautiful, creating an inspiring message about resilience and hope.

- 🕒 Tue 28 Oct, 7-9pm
- 📍 Boardwalk Theatre, 105 Brunswick Street, Glasgow, G1 1TF
- 🎟 Pay What You Can: FREE to £9
- Book: www.paragon-music.org
- 📧 laurah.paragon@gmail.com

OCT
31


THE EMPTY CHAIR

Multi-Arts, Workshop: The Empty Chair is a psychodrama session exploring the emotions of infant feeding. Led by psychodrama psychotherapist Leila Frondigoun, the session invites participants to take on different roles and explore their infant feeding journey. Part of Feed (see p.18).

- 🕒 Fri 31 Oct, 11am-1pm
- 📍 Gallery of Modern Art, 111 Queen St, Royal Exchange Square, Glasgow, G1 3AH
- 🎟 FREE
- 📧 Book: [glasgowgoma.eventbrite.com/GoMABookings@Glasgowlife.org.uk](https://www.glasgowgoma.eventbrite.com/GoMABookings@Glasgowlife.org.uk)

NOV
02


FRACTURED

Photography, Exhibition: The second chapter of gritty, emotional work from award-winning documentary photographer Cameron Scott, set in Glasgow Street Aid's Medical & Welfare Centre. The exhibition captures volunteer medics on foot at night in Glasgow city centre, alongside work from other Scottish artists.

- 🕒 Sun 2 Nov 11am-3pm, Mon 3 & Tue 4 Nov 12-8pm
- 📍 Glasgow Street Aid Medical & Welfare Centre, 56 Union Street, Glasgow, G1 3QX
- 🎟 FREE (Donations welcome)
- 👤 Quiet space; Children must be accompanied by an adult
- 📧 sp.lead@glasgowstreetaid.org


NOV
02


MOVING MINDS

Multi-Arts: Join us for an uplifting day of community, creativity, and celebration as Moving Minds returns to Civic House as part of Glasgow 850! This family-friendly event, co-created with Glasgow's vibrant communities, will showcase a range of artists, musicians, and organisations exploring community, diversity and wellbeing. Expect captivating performances, inspiring workshops, and hands-on creative activities — all set against a backdrop of shared food and meaningful connection. Visit our website for more information on performances and workshops at mhfestival.com

- 🕒 Sun 2 Nov, 11am-3.30pm
- 📍 Civic House, 26 Civic St, Glasgow, G4 9RH
- 🎟 Pay What You Can: £10 / £7 / £4 / FREE
- Book: [tikit.link/movingminds25](https://www.tikitickets.com/movingminds25)
- 📧 smhaf@mentalhealth.org.uk

NOV
03


EMBODIED M*THER

Multi-Arts, Workshop: Join artists Rebecca Livesy-Wright and Indra Wilson for a clay workshop and open conversation exploring experiences of pregnancy and m*therhood. Discover how working with clay can help express embodied and hard-to-verbalise knowledge in a relaxed, supportive setting.

- 🕒 Mon 3 Nov, 11am-1pm
- 📍 The Studio, GoMA, 111 Queen St, Royal Exchange Square, Glasgow G1 3AH
- 🎟 FREE
- Book: [embodiedmther.eventbrite.co.uk](https://www.embodiedmther.eventbrite.co.uk)
- 👤 For women and gender marginalised people, inclusive of trans and non-binary people.
- 📧 [hello@kinfolkfamilies.info](https://www.hello@kinfolkfamilies.info)
- www.kinfolkfamilies.info

NOV 03 WOMEN'S WELLBEING WEEK WITH WILD FOX WELLNESS



Multi-Arts, Community: Join Wild Fox Wellness CIC for five days of empowering workshops for Women's Wellbeing Week, including movement, arts and crafts, and music. Inclusive, trauma-informed and nurturing, the week celebrates women's mental health, creativity and self-care.

- 🕒 Mon 3-Fri 7 Nov, 5-7pm
- 📍 Glasgow Community Collective, 15 E Campbell St, Glasgow, G1 5DT
- 💷 £10 per day / £40 for all sessions / Pay What You Can
- 👤 16+, Women only
- 📧 Admin@wildfox.org.uk

NOV 04 DISTURBING THE PICTURE



Photography, Workshop: Photography can communicate experiences, stories and complex issues in a visual and creative way. Join the ALLIANCE and See Me for a hands-on creative workshop exploring how photography can help reframe mental health, wellbeing and tackle stigma.

- 🕒 Tue 4 Nov, 1.30-3.30pm
- 📍 The Pyramid at Anderston, 759 Argyle St, Glasgow, G3 8DS
- 💷 FREE
- 📧 engagement@alliance-scotland.org.uk



Art is to Console © Sam Orr

NOV 06 SPEAKIN' OOR MIND



Spoken Word: Join See Me for a relaxed evening of spoken word performances exploring the theme of Comfort & Disturb, followed by an open mic session in a warm and supportive environment.

- 🕒 Thu 6 Nov, 7-9pm
- 📍 Inn Deep, 445 Great Western Road, Glasgow G12 8HH
- 💷 FREE
- 👤 18+
- 📧 Maewe.Grindall@seemescotland.org



Speakin' Oor Mind. Chik Duncan © Sahaj Kamra

NOV 07 STORY CAFÉ: COMMUNITY WELLBEING



Storytelling: Join The Village Storytelling Centre for a Story Cafe in Glasgow's southside. Listen to a story told by our storytellers followed by an opportunity to reflect, discuss and share your own memories. These sessions offer a playful and relaxed space to explore the theme of Comfort & Disturb from a creative and reflective perspective.

- 🕒 Fri 7 Nov, 10am-12pm
- 📍 The Village Storytelling Centre, 69 Langton Rd, Glasgow, G53 5DD
- 💷 FREE
- 👤 18+
- 📧 trinidad@villagestorytelling.org.uk
- 0141 882 3025

NOV 07 ART IS TO CONSOLE



Visual Arts, Community: Join Creative Steps to honour the legacy of Vincent Van Gogh by creating a collaborative collage of A Starry Night using colourful paper ribbons. Add your reflections on comfort and disturbance, and become part of a larger artwork where we share our mental health journeys with others.

- 🕒 Fri 7 Nov, 10am-4pm
- 📍 Gallery 966, 966 Govan Road, Glasgow, G51 3AJ
- 💷 FREE
- 📧 jess@theportalarts.com
- 0141 387 2596



Exhibiting Ellamatta

NOV 07 EXHIBITING ELLAMATTA



Visual Arts: Discover the artworks by lived experience artist Janella Lewis (1943-2024). Through this exploratory exhibition you will be able to get up close to the works, handle the pieces, and share your reflections. Janella's work represents her multiple lived worlds of mental ill-health giving insight into the power of art and world-making.

- 🕒 Fri 7 Nov, 9am-5pm
- 📍 Byres Community Hub - Clarice Pears Building, 90 Byres Road, Glasgow, G12 8TB
- 💷 FREE
- 📧 cheryl.mcgeachan@glasgow.ac.uk

Stirling

SEP 09 ARTSPACE: CREATIVE CONNECTIONS IN CALLANDER



Visual Arts, Workshops: Artspace: Creative Connections in Callander supports people in rural Stirlingshire experiencing mental health challenges, including refugees and people seeking asylum, through creative, socially connected activity. Participants will take part in six weeks of workshops led by a professional artist, responding to SMHAF's 2025 theme, Comfort & Disturb.

Supported by SMHAF Regional Participatory Arts Fund.

Workshops:

- 🕒 9,16, 23, 30 Sep 2025, 1-3pm
- 📍 Callander Kirk: South Church Street, Callander, FK17 8BN
- 🕒 7,14 Oct 2025, 1-3pm
- 📍 Callander Library, South Church Street, Callander, FK17 8BN

Exhibition:

- 🕒 20 Oct-9 Nov 2025, 1-3pm
- 📍 Callander Library, South Church Street, Callander, FK17 8BN
- 💷 FREE | Please email info@artlinkcentral.org to reserve a place
- 📞 01786 450 971
- 👤 Workshops are aimed at 18+ adults living in rural areas of Stirlingshire and experiencing mental health issues.



Artspace © Aya Iguchi-Sherry

Edinburgh



Edinburgh's Scottish Mental Health Arts Festival programme offers a range of events across the city's diverse mental health communities, bringing people together, reclaiming words and taking up space.

Join as we revel in this year's theme: comforting the disturbed and disturbing the comfortable, with theatre, dance, open mics, workshops, exhibitions, the 13th Out of Sight Out of Mind exhibition, and more. There's something for everyone.



Edinburgh Health and
Social Care Partnership



mhfestival.com/edinburgh



Out of Sight Out of Mind © Chris Scott



OCT
20



A WANT IN HER + Q&A
d. Myrid Carten (Ireland, 2024) 1hr 21m

Film: An unforgettable and evocative first feature from Irish visual artist Myrid Carten as she turns the camera on the complex and often painful dynamics of her relationship with her alcoholic mother. When Carten receives unsettling news that her mother, Nuala, has mysteriously disappeared, she returns to Ireland to look for her.

This screening features a Q&A with Myrid Carten. In collaboration with SDI, part of Doc Screen, an initiative in partnership with Filmhouse, aiming to bring more independent documentaries to the big screen.

🕒 Mon 20 Oct, 8.15-10.30pm

📍 Filmhouse, 88 Lothian Road,
Edinburgh, EH3 9BZ

📺 Book: www.filmhouse.org.uk

0131 380 5280

👤 15+: Themes of alcohol addiction

Journaling for Mad Minds © Jessica Mangano



OCT
21



JOURNALING FOR MAD MINDS

Writing Workshop: Journaling offers refuge, reflection, and playfulness for our busy minds. Join Julia Macintosh of the Centre for Mad Culture UK to celebrate this unique writing practice and explore its possibilities on the page.

🕒 Tue 21 Oct, 6-8pm

📍 McDonald Road Library, 2-8 McDonald
Road, Edinburgh, EH7 4LU

📺 FREE | Book:

journaling_mad_minds.eventbrite.co.uk

📧 hello@centreformadculture.uk

OCT
22



OUT OF SIGHT OUT OF MIND

Visual Arts: The biggest mental health art exhibition in Scotland in its 13th year will present artworks made by 400 people. The exhibition is a platform for people's voices using art which is directed by people with mental health issues. In a range of media, exhibitors will explore Comfort & Disturb and a variety of themes, some of which may be affecting, thought provoking, everyday, and/or awesome.

🕒 22 Oct-9 Nov, Wed-Sun 11am-6pm

📍 Summerhall, 1, Summerhall,
Edinburgh, EH9 1PL

📺 FREE

📧 exhibition@capsadvocacy.org
outofsightoutofmind.scot

OCT
22



BATSHIT

Theatre: Fringe First winner & one-woman tour de force BATSHIT returns to Scotland. A wildly theatrical, darkly comic and poignant reckoning with the myths & misconceptions of female madness. Created by psycho-siren Leah Shelton and directed by Olivier award-winning Ursula Martinez, BATSHIT is a requiem for Leah's grandmother Gwen, who was incarcerated for seeking independence in 1960s Australia.

🕒 Wed 22-Sat 25 Oct, Mon-Fri 7-7.50pm,
Sat 5-5.50pm

📍 Traverse Theatre, 10 Cambridge St,
Edinburgh, EH1 2ED

📺 £20 / £17 / £15 / £6

Book: traverse.co.uk/whats-on

👤 14+

📧 leah@polytoxiclovesyou.com

OCT 25 DRAWN TOGETHER



Visual Arts: Join us for a powerful exhibition of visual art created by local people with lived experience of homelessness. This diverse collection shines a light on stories often overlooked. All are welcome to come together, celebrate creativity and connect with our community.

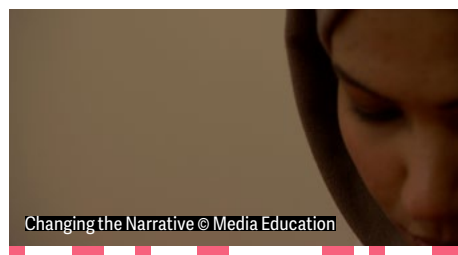
- 🕒 Sat 25 & Sun 26 Oct, 12-5pm
- 📍 Streetreads Library, 21-23 Slater's Step, Edinburgh, EH8 8PB
- 🎟 FREE | Book: drawntogetherexhibition.eventbrite.co.uk
- 👤 18+
- 📧 lily.tait@simonscotland.org

OCT 25 MAD CULTURE



Multi-Arts, Discussion: The Centre for Mad Culture UK offers a hub of information, creative activity and community building, all in support of the mad movement. Join directors Julia Macintosh and Azra Khan as they introduce their work in the context of this year's festival theme. Celebrate the comfort of community and disturb common fears and stigma surrounding madness.

- 🕒 Sat 25 Oct, 2-5pm
- 📍 McDonald Road Library, 2-8 McDonald Road, Edinburgh, EH7 4LU
- 🎟 FREE
- 📖 Book: mad_culture.eventbrite.co.uk
- 📧 hello@centreformadculture.uk



OCT 25 VOICES: A NEURODIVERGENT OPEN MIC



Music: Join us for a laid-back, low pressure open mic, featuring songs, poetry and stories from young people with autism, ADHD and other forms of neurodivergence. Come along to perform or meet like-minded people.

- 🕒 Sat 25 Oct, 3-5pm
- 📍 Slow Progress Coffee and Records, 53 Blackfriars Street, Edinburgh, EH1 1NB
- 🎟 FREE
- 📧 mairimacLeod456@gmail.com

OCT 26 CHANGING THE NARRATIVE



Film: Come and watch short films created by people from a global majority background, people with experience of migration, and young parents. These films focus on different issues that affect the mental health of people living in Edinburgh, including inadequate housing, racism, and displacement due to war.

- 🕒 Sun 26 Oct, 3-4.45pm (Doors 2.30pm)
- 📍 Filmhouse, 88 Lothian Road, Edinburgh, EH3 9BZ
- 🎟 FREE | Book: kate@mediaeducation.co.uk
- 👤 15+

OCT 27 CREATING SPACE



Multi-Arts, Workshop: Creating Space is a series of relaxed, fortnightly workshops run by Health All Round. Open to registered participants across Edinburgh, the sessions offer a calm space to explore how creativity can support wellbeing. Participants must be registered with Health All Round. Contact us to register.

- 🕒 Mon 27 Oct, 1.30-3.30pm
- 📍 Art & Spirituality, 6-8 Alexander Drive, Edinburgh, EH11 2RH
- 🎟 FREE | Book: shona@healthallround.org.uk
- 👤 18+

OCT 28 THE POWER OF PLACE



Visual Arts, Workshop: Our surroundings have a deep impact on our emotions, with the power to comfort or disturb. Join artist Ian Macintosh as he delves into place as a compelling artistic subject. He will share examples of his work and guide participants in a drawing workshop for beginners.

- 🕒 Tue 28 Oct, 6-8pm
- 📍 McDonald Road Library, 2-8 McDonald Road, Edinburgh, EH7 4LU
- 🎟 FREE
- 📖 Book: power_of_place.eventbrite.co.uk
- 📧 hello@centreformadculture.uk



OCT 30 LIMINAL



Visual Arts: Liminal is a collaborative exhibition developed by young people working with the Mental Health Foundation, Edinburgh Children's Hospital Charity and artist Louise Fraser, exploring the in-between spaces that young people often find themselves in – between childhood and adulthood, wellness and illness, comfort and unease. Join us on Sat 1 Nov for a family-friendly open day to view the exhibition and take part in creative activities inspired by the exhibition themes.

- 🕒 **Exhibition:** 30 Oct-6 Nov, 10am-4pm
- 🕒 **Open Day:** Sat 1 Nov, 1-4pm
- 📍 Out of the Blue Drill Hall, 36 Dalmeny St, Edinburgh, EH6 8RG
- 🎟 FREE | Book: tkt.link/liminal
- 📧 gmeens@mentalhealth.org.uk

NOV 01 MORTALITY & MAKING: CRAFTING CONVERSATIONS ABOUT DEATH



Storytelling, Workshop: Join a taboo-breaking workshop with storytelling, craft and honest conversation. Led by storyteller and death educator Beverley Bryant, we'll explore traditional death stories while decorating a cardboard coffin and weaving a willow one with skilled artisans. Tackle fears, and reclaim death as part of life's natural rhythm.

- 🕒 Sat 1 Nov, 10.30am-1pm
- 📍 Scottish Storytelling Centre, 43-45 High Street, Edinburgh, EH1 1SR
- 🎟 £20 / £18 | Book: www.sisf.org.uk
- 👤 18+
- 📧 reception@scottishstorytellingcentre.com
- 0131 556 9579



NOV 02 SILVER SWANS CELEBRATION



Dance Workshop: Join us for a day of movement, music and creativity with Royal Academy of Dance and Dance Base, designed for those aged 55 and over. Dive into repertoire workshops, join the musical theatre sessions, energise your body with Pilates, and enjoy an open rehearsal with Dance Base's esteemed elder company, PRIME.

- 🕒 Sun 2 Nov, 10am-5pm
- 📍 Dance Base, 14-16 Grassmarket, Edinburgh, EH1 2JU
- 🎟 From £14 | Book: royalacademyofdance.org/event/silver-swans-celebration
- 👤 55+
- 📧 participate@rad.org.uk

NOV 03 ALL WRITE NOW



Writing, Workshop: Have you ever wanted to try creative writing to support your health and wellbeing? All Write Now is a relaxed writing group run by Health All Round. The group meets fortnightly and welcomes both new and established writers. This special workshop will use cut-up poetry and mind maps to explore the festival theme of Comfort & Disturb. Everyone participating must be registered with Health All Round so please contact us before to register.

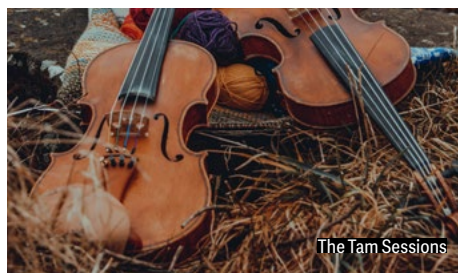
- 🕒 Mon 3 Nov, 1.30-3.30pm
- 📍 Art & Spirituality, 6-8 Alexander Drive, Edinburgh, EH11 2RH
- 🎟 FREE
- 👤 18+
- 📧 shona@healthallround.org.uk

NOV 06 OOSOOM UNCOVERED



Visual Arts: Join us to meet exhibitors, visitors, and organisers of the 13th Out of Sight Out of Mind exhibition at this informal afternoon with soft drinks and conversation. The exhibition showcases powerful artworks by 400 people with lived experience of mental health issues.

- 🕒 Thu 6 Nov, 2-4pm
- 📍 Summerhall, 1, Summerhall, Edinburgh, EH9 1PL
- 🎟 FREE | Book: oosoom.artsvp.com/aed4ff
- 📧 outofsightoutofmind.scot.exhibition@capsadvocacy.org



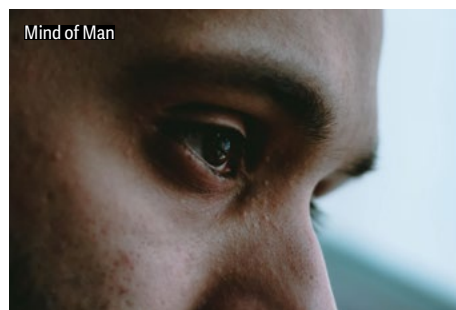
The Tam Sessions

NOV 06 NURTURE & EMPOWER



Visual Arts, Workshop: Explore how art can comfort people with lived experience of social isolation and Alcohol Related Brain Damage (ARBD), and also disturb perceptions, in this hands-on event.

- 🕒 Thu 6 Nov, 6-8pm
- 📍 Spaces, 1 Lochrin Square, 92-94 Fountainbridge, Edinburgh, EH3 9QA
- 🎟 FREE
- 👤 18+
- 📧 sam.rutherford@rowanalba.org



Mind of Man

NOV 06 MIND OF MAN



Theatre: After decades of addiction, Shug is finally finding his feet. But when an unpredictable new cellmate moves him, his carefully constructed sense of self threatens to unravel. Inspired by the experiences of Scottish prisoners and the author's own journey with undiagnosed ADHD and autism, this is a powerful play about the struggle to claim your place in the world.

- 🕒 Thu 6 Nov, 7.30-9.30pm
- 📍 Scottish Storytelling Centre, 43-45 High Street, Edinburgh, EH1 1SR
- 🎟 £10 / £8 | Book: scottishstorytellingcentre.online.red61.co.uk
- 👤 16+
- 📧 reception@scottishstorytellingcentre.com 0131 556 9579

NOV 08 MYTH AND THE SELF: CREATIVE EXPLORATIONS OF GOLD AND SHADOW



Storytelling, Workshop: Explore your shadow and uncover your inner gold through myth, movement, meditation and art in two connected workshops. Led by dramatherapist Abigail Nelson, discover how myth holds both universal wisdom and deeply personal meaning in a supportive environment.

- 🕒 **Inner Shadow:** Sat 8 Nov, 10am-12.15pm
- 🕒 **Inner Gold:** Sat 8 Nov, 1.15-3.30pm
- 📍 Out of the Blue Drill Hall, 36 Dalmeny St, Edinburgh, EH6 8RG
- 🎟 £40 full day / £25 per workshop
- 📖 Book: mythandtheself.eventbrite.co.uk
- 👤 18+
- 📧 abigail.k.nelson@hotmail.com

NOV 09 EASY SUNDAYS: THE TAM SESSIONS



Multi-Arts, Community: An open and informal trad music session, with the additional invitation to bring your sewing, knitting, crochet, or any other crafting project that you enjoy. The TAM Sessions creates a real sense of belonging and connectedness through arts, a joyful experience to have a direct, positive impact on our mental health. Proficiency in music or crafting is not important, just come along and enjoy!

- 🕒 Sun 9 Nov, 12-3pm
- 📍 Scottish Storytelling Centre, 43-45 High Street, Edinburgh, EH1 1SR
- 🎟 FREE
- 📧 reception@scottishstorytellingcentre.com 0131 556 9579
- 📖 scottishstorytellingcentre.com



Spoken Word Supper Club

West Lothian

NOV 08 SPOKEN WORD SUPPER CLUB



Spoken Word: Firefly Arts host a vibrant evening of spoken word fuelled by food and fierce new writing by young people living in West Lothian, created in collaboration with Leyla Josephine. Inspired by the festival theme, this event is a space where performers can safely explore difficult truths, while celebrating resilience, identity and solidarity. Supported by SMHAF Regional Participatory Arts Fund.

- 🕒 Sat 8 Nov, 7-9pm
- 📍 Reconnect Howden Park Centre, Howden Park Centre, Howden, Livingston, EH54
- 🎟 £10 (including food)
- 📖 Book: admin@firefly-arts.co.uk
- 👤 12+
- 📧 electra@firefly-arts.co.uk

Lanarkshire



After the success of previous festival campaigns, Lanarkshire is delighted to announce their participation in the 19th Scottish Mental Health Arts Festival.

The overarching aim of the festival in Lanarkshire is to promote positive attitudes towards mental health, mental illness, support and recovery, and to effect significant cultural change through the insights and influences of the creative arts. The festival fundamentally seeks to strengthen the links between arts, community and public organisations.

Lanarkshire Recovery Network is a partnership with NHS Lanarkshire, North Lanarkshire Council, South Lanarkshire Council, and the voluntary sector.

mhfestival.com/lanarkshire
wellbeingmatterslanarkshire.co.uk/scottish-mental-health-arts-festival



Between the Notes with Karen MacIver

SEP
16



INK & INSIGHT

Multi-Arts, Workshop: Join Lanarkshire Links for three inspiring workshops exploring this year's theme, Comfort & Disturb. Make art using drawing, painting, and writing, and see your work printed in a celebratory booklet. The sessions are led by our brilliant members – share your ideas and celebrate creativity with us!

🕒 Tue 16 & 23 Sep, 21 Oct, 1.30-3.30pm
 📍 Dalziel St Andrews Church, 47 Merry Street, Motherwell, ML1 1JJ

🆓 FREE

📧 beccahibbard@lanarkshirelinks.org.uk



OCT
09



YOUNG AT HEART

Dance, Workshop: Dance boosts self-esteem, encourages self-expression, and helps us connect with others in meaningful ways. These weekly one-hour workshops invite participants to explore movement and learn new dance moves in a fun, relaxed and social environment.

🕒 Mon 20, 27 Oct, 3 Nov 11.30am-12.30pm
 📍 East Kilbride Arts Centre, 51-53 Old Coach Road, East Kilbride, G74 4DU
 🕒 Wed 22, 29 Oct, 5 Nov, 11am-12pm
 📍 Rutherglen Town Hall, 139 Main St, Rutherglen G73 2JJ

🆓 FREE

📍 East Kilbride Arts Centre: 01355 261 000
 Rutherglen Town Hall: 0141 613 5700
claire.armour@southlanarkshireleisure.co.uk

OCT
09



REMEDY & RISK: GELLI PLATE PRINTMAKING

Visual Arts, Workshop: Remedy & Risk is an artist-led masterclass that explores the dual nature of plants – those that heal and those that harm – through the tactile process of Gelli printing. Through the safe use of medicinal herbs and toxic plants, it invites participants to consider how the same environment that nurtures us can also pose harm, while promoting self-expression, resilience, and emotional wellbeing.

🕒 Thu 9 Oct, 1-4pm
 📍 Muirfield Community Centre, 1a S Muirfield Road, Cumbernauld, Glasgow, G67 1AX
 🕒 Tue 28 Oct, 1-4pm
 📍 Bellshill Cultural Centre, John Street, Bellshill ML4 1RJ

🆓 £10

📧 venues@boxoffice.northlan.gov.uk

👤 16+

📞 01698 274 545

OCT
13



BACK TO THE DARK

Photography, Workshop: Explore traditional black and white photography in this two-day workshop led by artist and filmmaker Wilma Smith. Held at Summerlee Photomedia Studio, participants will learn 35mm and medium format techniques and develop prints in the darkroom. Limited spaces available.

🕒 Mon 13 & Tue 14 Oct, 10am-4pm
 📍 Summerlee Photomedia Studio, Heritage Way, Coatbridge, ML5 1QD
 🆓 Pay What You Can: £30 / £25 / £20 / £15 / £10
 📧 wilma@minehorse.com
 07540 948 325

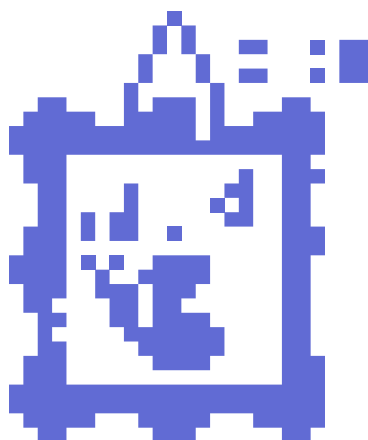
OCT
16**I USED TO BE: WEIRD WEAVING**

Visual Arts: It's weaving, but not as you know it! Explore weaving as a form of creative expression in this hands-on workshop inspired by the exhibition. Use traditional and unconventional materials to experiment with texture, memory, and identity.

- 🕒 Thu 16 Oct, 10am-4pm
- 📍 Summerlee Museum of Scottish Industrial Life, Heritage Way, Coatbridge, ML5 1QD

🆓 FREE

- 📧 e.manson@deepfriedfilm.org.uk
07555 650 418

OCT
21**I USED TO BE...**

Textiles, Exhibition: When we think of woven or knitted fabrics, we may think of a cosy jumper or a comforting blanket. This textiles exhibition by Eilidh Manson features items that we expect to bring comfort, but, on closer inspection, are not what we expect them to be.

- 🕒 Tue 21 Oct-9 Nov, 10am-4pm
- 📍 Summerlee Museum of Scottish Industrial Life, Heritage Way, Coatbridge, ML5 1QD

🆓 FREE

- 📧 e.manson@deepfriedfilm.org.uk
07555 650 418

OCT
21**CREATIVE COMFORT ZONES: BRAVE SPACES AND THE EDGES OF EASE**

Multi-Arts, Community: Bazooka Arts hosts a series of participatory workshops, performances and an exhibition, inviting participants to explore their comfort zones through therapeutic arts. Bazooka Arts invites you to gently stretch the edges of ease and step bravely into new creative spaces.

- 📍 **East Kilbride Arts Centre:**
51-53 Old Coach Road, East Kilbride, G74 4DU
- 🕒 Theatre Tonic: Performance & Documentary: Tue 21 Oct, 6-7.30pm & Wed 22 Oct, 1-2.30pm

- 📍 **Summerlee Heritage Museum:**
Heritage Way, Coatbridge, ML5 1QD
- 🕒 Therapeutic Visual Art Workshop:
Thu 23 Oct, 10.30am-12pm & Fri 24 Oct, 10.30am-1.30pm

- 🕒 Therapeutic Drama Workshop:
Thu 23 Oct, 1-2.30pm
- 📍 **Online:**
- 🕒 Therapeutic Creative Writing Workshop:
Fri 24 Oct, 2-3pm

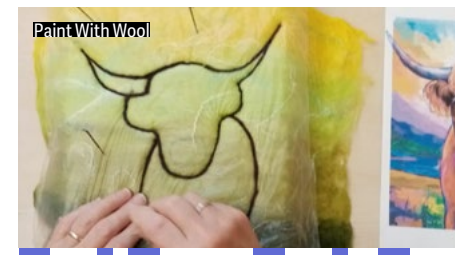
🆓 FREE

- 📧 create@bazookaarts.co.uk

OCT
21**LIVE MUSIC**

Music: Fiona and Dougie share uplifting live music experiences that support mental, physical and emotional health. Performing with Music in Hospitals & Care since 2018, they bring vibrant vocals, piano skills and the incredible healing power of live music. Have your favourite song requests ready!

- 🕒 Tue 21 Oct, 2pm-3pm
- 📍 Rutherglen Town Hall, 139 Main St, Rutherglen, G73 2JJ
- 🆓 FREE | Book: 0141 613 5700
- 🕒 Wed 22 Oct, 1.45-2.45pm
- 📍 Lanark Agricultural Centre, Hyndford Rd, Lanark ML11 9AX
- 🆓 FREE | Book: 01698 452 185
- 📧 claire.armour@southlanarkshireleisure.co.uk
- 🚫 Quiet space

OCT
22**PAINT WITH WOOL**

Crafts, Workshop: Needle felting invites focus and reflection, so step away from distractions and explore how creativity can help you nurture your mental wellbeing. In this four-week course, you will learn to "paint with wool" and create a seasonal felted picture, taking time to slow down and connect with nature.

- 🕒 Wed 22 & 29 Oct, 5 & 12 Nov 10am-12pm
- 📍 East Kilbride Arts Centre, 51-53 Old Coach Road, East Kilbride, G74 4DU
- 🆓 FREE
- 📧 claire.armour@southlanarkshireleisure.co.uk
01355 261 000

OCT
24**PROJECT 42: BAND NIGHT**

Music: Experience an unforgettable night of live music as Project 42 presents an electrifying lineup of bands, each bringing their sound and energy. From raw alternative rock to indie anthems and acoustic folk music from Project 42 members, this showcase promises something for every music lover.

- 🕒 Fri 24 Oct, 6.30-9.30pm
- 📍 Chapelside Community Centre, Waddell St, Airdrie ML6 6JU
- 🕒 Sat 25 Oct, 6.30 - 9.30pm
- 📍 Springhill Community Hub, 23 Knoll Croft Rd, Shotts ML7 5JF
- 🆓 £2 (Suggested Donation)
- 👤 U16s must be accompanied by an adult.
- 📧 contactus@project42.scot

OCT
27**EXTREME ANCESTRY**

Heritage, Performance: Martin Stepek shares powerful stories from his Polish and Irish heritage, including readings from his memoir about his father's astonishing and tragic journey to Scotland. This event gives insights into our understanding of the refugee experience and the resilience of those seeking asylum.

- 🕒 Mon 27 Oct, 5.30-6.30pm
- 📍 Motherwell Library, 35 Hamilton Road, Motherwell, ML1 3BZ
- 🆓 FREE
- 📧 01698 332 626

OCT
27**BETWEEN THE NOTES WITH KAREN MACIVER**

Music: A gentle invitation to pause, listen, and reflect. This special event marks the launch of a new artist-designed public piano for North Lanarkshire, brought to life in its first outing by internationally acclaimed musician Karen MacIver. This live performance combines music and classical dance to explore how sound and silence, harmony and discord, can echo our inner states of balance and imbalance.

- 🕒 Mon 27 Oct, 7-9pm (Doors 6.30pm)
- 📍 Summerlee Museum of Scottish Industrial Life, Heritage Way, Coatbridge, ML5 1QD
- 🎟 £10 / FREE (Available online using Free Ticket Request Form)
- 📖 Book: culturenl.co.uk/arts/musicinthemuseum
- 📧 arts@northlan.gov.uk
- ☎ 01698 274 545



Floral Connections

OCT
29**FLORAL CONNECTIONS**

Workshop, Crafts: A gentle and creative floral workshop designed for beginners. Explore the emotions flowers can evoke, both comfort and discomfort, by creating two contrasting arrangements. No experience is needed. All materials, refreshments and friendly guidance are provided.

- 🕒 Wed 29 Oct, 6.30-8.30pm
- 📍 Glespin Community Hall, Ayr Road, Glespin, Lanark ML11 0SF
- 🕒 Thu 30 Oct, 6.30-8.30pm
- 📍 Thornton Road Community Centre, 34 Thornton Road, Kirkmuirhill, Lanark, ML11 9QE
- 🕒 Sat 1 Nov, 10.30am-12.30pm
- 📍 Douglas Water Golf Club, Ayr Road, Rigside, Lanark, ML11 9NP
- 🎟 FREE | Book: gail@healthyvalleys.org.uk

NOV
03**OUT OF THE SHADOWS**

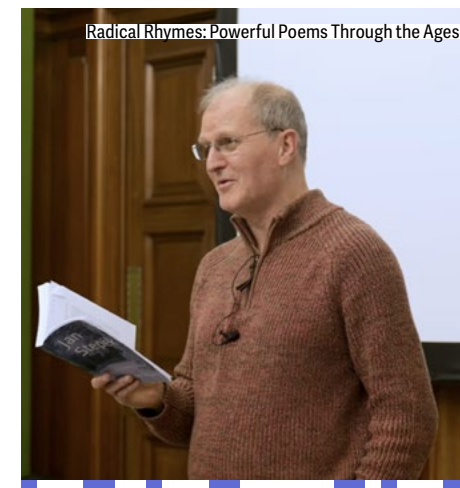
Visual Arts: An exhibition of paintings by young people who attend The Aims Project, reflecting their personal journeys from high school into adulthood. Each piece explores mental health challenges and insights into hopes for the future.

- 🕒 Mon 3-7 Nov, 9.30am-3pm
- 📍 Atrium Business Centre, North Caldeen Road, Coatbridge, ML5 4EF
- 🎟 FREE
- 📧 traceyataims@yahoo.com

NOV
06**YOUNG LIVES AND PERCEPTIONS OF WELLBEING**

Visual Arts: Exhibition featuring artworks by children from three local schools and the family support project Families Here and Now, reflecting their views on wellbeing. The work will be displayed in health and wellbeing rooms at Chryston Community Hub and on raised beds in a community garden at a local park. The exhibition launch includes a prizegiving and music from Project 42.

- 🕒 **Launch:** Thu 6 Nov, 5-7pm
- 🕒 **Exhibition:** Fri 7 Nov, 5-6pm
- 📍 Chryston Community Hub, Cliffvale Road, Glasgow, G69 9DB
- 🎟 FREE
- 📧 mitchellgerr@northlan.gov.uk
- ☎ 07484 187 673
- ⚠ Quiet space

NOV
07**RADICAL RHYMES: POWERFUL POEMS THROUGH THE AGES**

Spoken Word: Martin Stepek shares a powerful talk with readings from global poetry, spanning ancient to modern times. Discover how poetry has always offered comfort in suffering and disturbed the status quo, inspiring healthier, happier ways of thinking.

- 🕒 Fri 7 Nov, 10.30am-12pm
- 📍 Fairhill Library, Fairhill Lifestyles, Neilson Road, Hamilton, ML3 8HJ
- 🎟 FREE
- ☎ 01698 456 360

North Ayrshire



Now in its third year, the North Ayrshire festival continues to grow, celebrating the vital role of creative arts in supporting mental health and wellbeing.

Our involvement in the Scottish Mental Health Arts Festival reflects our commitment to engaging communities in meaningful, inclusive ways, especially those who may not connect through traditional services. Through art, we explore complex mental health themes, foster peer support, and challenge stigma. This year's programme features diverse events open to all, offering opportunities for expression, connection, and reflection. We invite you to discover how creativity shapes our everyday practice and strengthens our community.



mhfestival.com/north-ayrshire

northayrshirementalhealthartsfestival.com

North.Ayrshire.SMHAf

OCT
03



DRUM 'N' THE PARK

Music, Community: Join us for a drum circle in the beautiful surroundings of Eglinton Country Park, whether you're a regular or trying it for the first time. These relaxed, open gatherings offer a chance to connect through rhythm, allowing everyone to jam, share, and learn from each other. Instruments are provided but feel free to bring your own.

🕒 Fri 3 Oct, 1.30-2.30pm

📍 Eglinton Country Park, Visitor Centre, Irvine KA12 8TA

🎟 FREE (Donations welcome)

👤 U16s must be accompanied by an adult

📧 Michelle@gruvibeatz.co.uk
gruvibeatz.co.uk



Art in the Garden @ Dalry Community Hub

OCT
06



ART IN THE GARDEN

Visual Arts, Photography: An exhibition by Dalry Community Development Hub's new beginners' photography club, documenting an outdoor art project which took place over the summer. See how participants came together to create a living garden sculpture, planning, planting and shaping a vibrant outdoor centrepiece.

🕒 Thu 6-Sat 11 Oct, 2-4pm

📍 Dalry Community Garden, Smith Street Car Park, Dalry, KA24 5BZ

🎟 FREE

📧 dalrycommunitydevhub@gmail.com

OCT
20



POETRY FOR PEOPLE

Writing, Poetry: Poems to inspire, to comfort and lift the spirits, written by students of North Ayrshire Wellbeing. Performance poet Jenny Lindsay has delivered poetry workshops to develop a plethora of poems to share with the unsuspecting public in unexpected places.

🕒 20 Oct-9 Nov, Various Dates, Pop Up

📍 Venues in North Ayrshire

🎟 FREE

📧 Jeanette.Allan@ramh.org
ramh.org

OCT
21



CREATING SPACE

Visual Arts: Spanning twenty years of artworks, this exhibition by Lucas Barr explores drawing, painting, lino cut and digital media. Inspired by nature, spirituality and mythology, the work gradually shifts into abstract forms, echoing mandala and fractal patterns. Guided by intuition, the artist uses simplified imagery and colour to better understand their world.

🕒 21 Oct-9 Nov, Wed-Sat 9.30am-4.30pm

📍 Harbour Arts Centre, 116 Harbour Street, Irvine, KA12 8PZ

🎟 FREE

📧 harbourarts@north-ayrshire.gov.uk
📞 01294 274 059

OCT
21



HAPPY & HEALTHY

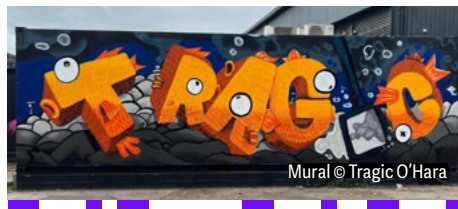
Multi-Arts, Workshop: An interactive workshop exploring creative, personal strategies to support mental wellbeing. Participants will discover new ways to boost mood, build resilience and find joy in daily life.

🕒 Tue 21 Oct, 10am-12.30pm

📍 Harbour Arts Centre, 116 Harbour Street, Irvine, KA12 8PZ

🎟 FREE

📧 karen.lee@aaapt.scot.nhs.uk



Mural © Tragic O'Hara

OCT 22 UNSEEN, UNHEARD, UNBROKEN

Visual Arts: A moving exhibition created by adult and young unpaid carers working with Carers Gateway North Ayrshire. Developed over workshops led by artists Michelle Winslow and Tragic O'Hara, the exhibition explores the emotional and mental health impacts of caring through natural materials and bold street art techniques.

- 🕒 Wed 22 Oct–Thu 9 Nov, Wed–Sat 9.30am–4.30pm
- 📍 Harbour Arts Centre, 116 Harbour Street, Irvine, KA12 8PZ
- 🎟 FREE
- 📧 stephen.miller@unity-enterprise.com

OCT 22 VILLAGE MUSIC CIRCLES

Music, Workshop: Drum 4UR Life hosts Ayrshire's first Village Music Circles, a one-day introduction to drum circle facilitation. Join us for a full day of rhythm, learning and connection with internationally renowned trainers Dr Jane Bentley and Ray Watters. An inspiring, hands-on session in a fun and welcoming environment.

- 🕒 Wed 22 Oct, 9.30am–4.30pm
- 📍 South Beach Baptist Church, 66A Ardrossan Road, Saltcoats, KA21 5BW
- 🎟 £40 (Includes lunch and resources)
- 📖 Book: drum4urlife.co.uk

OCT 22 PROJECT PROGRESS

Visual Arts, Photography: An exhibition of work created by young change-makers in Ayrshire. Be inspired, be challenged, and be resolved to fight for change through engaging with this powerful display of creativity.

- 🕒 22 Oct–1 Nov, Wed–Sat, 9.30am–4.30pm
- 📍 Harbour Arts Centre, 116 Harbour Street, Irvine, KA12 8PZ
- 🎟 FREE
- 📧 harbourarts@north-ayrshire.gov.uk
- ☎ 01294 274 059

OCT 22 BIG DRUM CIRCLE

Music, Workshop: Join us for our annual Big Drum Circle! This vibrant, family-friendly event brings people of all ages together to connect through rhythm, joy and community. Featuring an internationally-renowned lineup of facilitators from across the UK and Ayrshire's own Drum 4UR Life team.

- 🕒 Wed 22 Oct, 7–8pm (Doors 6.45pm)
- 📍 South Beach Baptist Church, 66A Ardrossan Rd, Saltcoats, KA21 5BW
- 🎟 FREE (Donations welcome)
- 📖 Book: drum4urlife.co.uk

OCT 23 A PRACTICAL GUIDE TO WALRUS CHASING

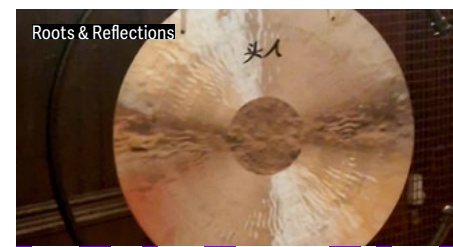
Storytelling, Comedy, Performance: In 2019, Tragic O'Hara quit his job to become a Professional Walrus Chaser. In 2024, he was diagnosed with ADHD and realised Walrus Chasing was a coping strategy for surviving in the real world. This is the Guide to the Walrus.

- 🕒 Thu 23 Oct, 7–9pm
- 📍 Harbour Arts Centre, 116 Harbour Street, Irvine, KA12 8PZ
- 🎟 FREE | Book: ticketsource.co.uk/harbour-arts-centre
- 📧 harbourarts@north-ayrshire.gov.uk
- ☎ 01294 274 059

OCT 24 ROOTS & REFLECTIONS

Multi-Arts: Holistic therapies meet creative arts in this immersive two-hour workshop led by Rock and Rose Project and local artist Tragic O'Hara. Combining intention-setting, meditation, sound healing and creative journaling, you will be supported to express your inner journey.

- 🕒 Fri 24 Oct, 10am–12pm
- 📍 Harbour Arts Centre, 116 Harbour Street, Irvine, KA12 8PZ
- 🎟 FREE
- 📖 Book: tragic@tragicohara.com

**OCT 24 REFLECT CREATE TRANSFORM: ART IN THE COMMUNITY**

Multi-Arts, Community: Join members of the Three Towns Men's Shed and She Shed as they welcome visitors into their creative space in Ardrossan across three open days. Take in a new striking two-part modular mural that reflects the community's skills and emotional experiences.

Supported by the SMHAF Regional Participatory Arts Fund.

- 🕒 Fri 24 Oct 10am–2pm, Sun 2 Nov 6.30–9pm, Sat 8 Nov 10am–2pm
- 📍 Three Towns Community Shed, 12c Castle Works, Hill Street, Ardrossan, KA22 8HE
- 🎟 FREE
- 📧 mvcuration@gmail.com
- ♿ Please email for wheelchair access

OCT 26 ART IMITATING LIFE

Theatre: This is not fiction — it's the world we often ignore. Drawn from lived experience, Art Imitating Life is a journey through loss and the fragile climb toward hope. Woven from real voices living with PTSD, agoraphobia, panic/anxiety disorders, depression, and grief. Theatre to comfort the unheard and disturb the dangerously comfortable. Starring Jay James and Danielle El Jorr-Sives.

- 🕒 Sun 26 Oct, 2–3.30pm
- 📍 Harbour Arts Centre, 116 Harbour Street, Irvine, KA12 8PZ
- 🎟 FREE
- ♿ 15+: Strong language and themes of mental illness

OCT 28 RAW VOICES

Music: An evening of original poems and songs by students of North Ayrshire Wellbeing & Recovery College. Students have worked with various artists to help them express their feelings, process trauma, and find their voice.

- 🕒 Tue 28 Oct, 6.30–8.30pm
- 📍 South Beach Baptist Church
- 🎟 66A Ardrossan Road, Saltcoats, KA21 5BW
- 🎟 FREE | Book: rawvoices.eventbrite.co.uk
- ♿ 14+
- 📧 Jeanette.Allan@ramh.org



OCT
29



COMFORT BOX

Crafts, Workshop: Join artist Laura Stevenson and North Ayrshire Wellbeing & Recovery College to create and decorate a Comfort Box for when you are experiencing anxiety or overwhelm. Bring along things that bring you comfort or items that represent things that bring you comfort to put in your box.

- 🕒 Wed 29 Oct, 10am-12pm
- 📍 Ayrshire College, Kilwinning Campus, Lachlan Way, Kilwinning, North Ayrshire, KA13 6DE
- 🎟️ FREE
- 📖 Book: creatingcomfort.eventbrite.co.uk
- 👤 16+
- 📧 Lainey.McKinlay@ramh.org



OCT
29



INVISIBLE: THE MUSICAL

Theatre: The Sunshine Club – a social club for people with an Acquired Brain Injury – is threatened with closure. So, the members decide to fight back the only way they can – they write a musical! With songs, laughter and tears, this is a great night out.

- 🕒 Wed 29 Oct, 7.30-9.30pm
- 📍 Harbour Arts Centre, 116 Harbour Street, Irvine, KA12 8PZ
- 🎟️ FREE (Donations welcome) | Book: ticketsource.co.uk/harbour-arts-centre
- 📧 harbourarts@north-ayrshire.gov.uk 01294 274 059

NOV
01



THE ART OF FEELING SAFE

Visual Arts: An exhibition of paintings created in therapeutic art classes led by the Scottish Centre for Personal Safety, encouraging participants to explore and express their emotions through art. Whether joyful, hidden, or difficult, participants projected their feelings onto the canvas, offering a creative outlet and supporting mental wellbeing.

- 🕒 Sat 1 Nov, 11am-1pm
- 📍 The Scottish Centre for Personal Safety, Barony St John Centre, Princes Street, Ardrossan, KA22 8DQ
- 🎟️ FREE
- 📧 alan@scotcps.org.uk

NOV
06



NORTH AYRSHIRE: CLOSING CELEBRATION

Multi-Arts: Join us for this year's closing celebration at the Harbour Arts Centre! This vibrant event gives you the chance to come and enjoy a range of acts and events from across the local festival, as well as connecting with mental health and wellbeing organisations in North Ayrshire.

- 🕒 Thu 6 Nov, 6-8pm
- 📍 Harbour Arts Centre, 116 Harbour Street, Irvine, KA12 8PZ
- 🎟️ FREE | Book: ticketsource.co.uk/harbour-arts-centre
- 📧 harbourarts@north-ayrshire.gov.uk 01294 274 059
- 🚫 Quiet space



Inverclyde

NOV
07



THE BONE AND GUTS PEOPLE

Visual Arts: The Bone and Guts People are an arts movement formed in Greenock in 2025, exploring the fluidity of feeling, the solidity of bone marrow and how both can benefit our mental health. This immersive exhibition, devised by artist Seamus Killick and the young people of RIG Arts, explores the rise and collapse of their body of research.

- 🕒 **Opening:** Fri 7 Nov, 5-7pm
- 🕒 **Exhibition:** Sat 8 & Sun 9 Nov, 12-5pm
- 📍 The Wyllieum, Custom House Way, Greenock, PA15 1EG
- 🎟️ FREE
- 📧 seamus.killick@gmail.com questions@wyllieum.com



The Bone and Guts People



Dumfries & Galloway

Co-ordinated by OutPost Arts, DG Creative Wellbeing is a ground-breaking regional programme offering artistic and cultural opportunities that help people and communities thrive.

Through our wide range of participatory projects and partnerships, we support those experiencing barriers such as disability, isolation, illness, trauma and inequality - ensuring that creative experiences are accessible, meaningful and life-enhancing.

By embedding creativity into healthcare and community settings, we foster resilience, confidence and connection. Our Creative Wellbeing Network brings together people, organisations and ideas across sectors, showcasing how the arts can inspire change, challenge stigma and strengthen wellbeing.

This year's programme of SMHAF events in Dumfries & Galloway builds on that vision - offering opportunities for expression, reflection and collaboration. We invite you to join us in exploring how creativity can shape healthier, more connected communities.



mhfestival.com/dumfries-galloway
dgcreativewellbeing.co.uk
outpostarts.co.uk
 OutPostArt
 @outpostarts



OCT
25



HEATHER BESTEL: TWELVE

Visual Arts: TWELVE is a powerful collage collection by Heather Bestel, created during the first year following her diagnosis of complex PTSD. Each of the 12 pieces reflects a month of healing – raw, fragmented and transformative. Using medication packaging, found papers and distressed textures, the work explores pain, hope, and emotional survival.

🕒 Sat 25 Oct-Mon 5 Jan, Open 24 hours

📍 Exhibition Space, Dumfries & Galloway
Royal Infirmary, A75, Cargenbridge,
Dumfries, DG2 8RX

🎟 FREE

📧 comms@outpostarts.co.uk

NOV
03



COMFORT & DISTURB: MAKING SPACE FOR CREATIVITY IN MENTAL HEALTH

Multi-Arts, Discussion: Join us for a special edition of the Mental Health Forum, uniting sectors across Dumfries & Galloway to explore creativity in mental health. Hosted by Outpost Arts, expect art, ideas, and collaboration based on the theme Comfort & Disturb. Connect, reflect, and leave inspired, with your own art zine to remind you of the power of doing things differently.

🕒 Mon 3 Nov, 12.30-4.30pm

📍 The Grain Store, 48-50 Whitesands,
Dumfries, DG1 2RS

🎟 FREE

📧 comms@outpostarts.co.uk



NOV
07



DG CREATIVE WELLBEING: PRESS PLAY

Visual Arts: An exhibition featuring work from OutPost Arts' Art Journal Project and Creative Toolbox Youth Group. Adults explored wellbeing using clay, paper, and homemade paint, while young participants responded to Mrs. Campbell's Fifth Period with bold visual art and poetry. Together, the work celebrates creativity as a tool for growth and self-expression.

🕒 Fri 7-Sun 9 Nov, Fri 10am-6pm, Sat, 10am-12pm & 4-6pm, Sun 12-6pm

📍 The Standard, Midsteeple Quarter, 135-139
High Street, Dumfries, DG1 2QT

🎟 FREE

📧 comms@outpostarts.co.uk

Borders

Live Borders Arts & Creativity create opportunities for people and communities to discover, celebrate and participate in a range of arts and cultural experiences. We support and encourage people to develop an understanding of the arts and its benefits, particularly the benefits associated with the arts and mental health and wellbeing. Our ambition is to deliver a high-quality arts and cultural offering across the region, with a focus on theatre, comedy and dance. This year our very small programme includes some award-winning theatre direct from the Edinburgh Fringe and the chance for you to let laughter light up your life.

**LIVE
BORDERS**

mhfestival.com/borders
liveborders.org.uk/whats-on
 @liveborders



Perfect Dead Girls

OCT
24



PERFECT DEAD GIRLS

Theatre: Live Borders Arts & Creativity and Audaciously Tenacious Theatre presents Perfect Dead Girls.

In a purgatory plastered with graffiti, glitter, and teenage angst, two young girls find themselves trapped after their sudden deaths with only one thing they know for sure: something else is here, watching them, deciding who gets to leave and who gets left behind.

🕒 Fri 24 Oct, 7.30–8.15pm
 📍 Galashiels Volunteer Hall, St John St, Galashiels, TD1 3JX
 🎟 £10 / £8 | Book: liveborders.org.uk/book/whats-on/perfect-dead-girls-gala
 👤 14+

NOV
03



LET LAUGHTER LIGHT UP YOUR LIFE

Comedy, Workshop: Discover how comedy can support mental health in this confidence-building workshop with award-winning comedian Jojo Sutherland. Learn techniques to explore shared experiences and challenge expectations.

🕒 Mon 3 Nov, 6.30–9.30pm
 📍 Heart of Hawick, 2 Kirkstile, Hawick, TD9 0AE
 🎟 FREE | Book: liveborders.org.uk/book/whats-on/smhaf-laughter/
 👤 18+
 📧 artservice@liveborders1.org.uk

Argyll & Bute

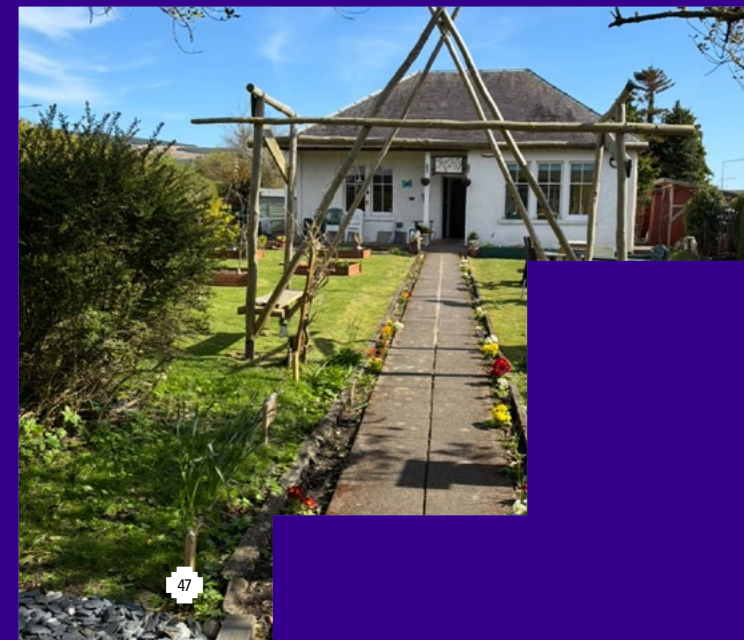
Jean's Bothy is a mental health and wellbeing hub in Helensburgh, with over 450 members from across Helensburgh and Lomond.

This year our members formed a planning group to create a diverse programme of events for the festival. From a new podcast to a storytelling ceilidh, a panel discussion with influential voices to an immersive exhibition at the local submarine centre, and even a labyrinth in the woods – there's something for everyone.

These events offer opportunities to explore mental health, hear lived experiences, and connect with the support available in our community.



mhfestival.com/argyll-bute
 @jeansbothy



Argyll & Bute

OCT
20

JEAN'S BOTHY PODCAST

Storytelling, Online: Tune in for Jean's Bothy's first podcast, exploring the theme Comfort & Disturb. Hosted by Graham Morgan, each of the six episodes features conversations with members about wellbeing. Recorded and edited by Paul Murdoch, the series will be available wherever you get your podcasts.

- 🕒 20 Oct-9 Nov
- 📍 Online
- 🆓 FREE
- 📧 katrina.sayer@enable.org.uk

OCT
21

COMFORT & DISTURB: MENTAL HEALTH IN ARGYLL

Discussion: Join Jean's Bothy Community Mental Health and Wellbeing Hub for a panel discussion with people with lived experience, carers, politicians and officials. Together, we'll explore the key mental health issues that affect us and identify ways to improve support in Argyll.

- 🕒 Tue 21 Oct, 12.30-2.30pm
- 📍 Helensburgh Civic Centre, East Clyde Street, Helensburgh, G84 7PG
- 🆓 FREE
- 📖 Book: [guestpanel2025.eventbrite.co.uk](https://www.eventbrite.co.uk/guestpanel2025)
- 📧 katrina.sayer@enable.org.uk

OCT
24

SEANCHOICHE: STORYTELLING CEILIDH

Spoken Word, Storytelling, Dance, Community: A welcoming traditional ceilidh, creating a safe space for sharing stories, making connections, and emotional expression. Join us in exploring the theme Comfort & Disturb through storytelling, conversation, and maybe even a little dancing.

- 🕒 Fri 24 Oct, 4-8pm
- 📍 Helensburgh Community Hub, 116 East Princes Street, Helensburgh, G84 7DQ
- 🆓 FREE
- 📖 Book: [storytellingceilidh.eventbrite.co.uk](https://www.eventbrite.co.uk/storytellingceilidh)
- 📧 katrina.sayer@enable.org.uk

OCT
28

LABYRINTH

Visual Arts, Community: Take a mindful journey through the local woods in this community walk hosted by Jean's Bothy. Follow the labyrinth path, connect with nature, and explore your inner landscape in a friendly environment.

- 🕒 Tue 28 Oct, 12-4pm
- 📍 Duchess Woods, Helensburgh, G84 8FD
- 🆓 FREE
- 📧 katrina.sayer@enable.org.uk

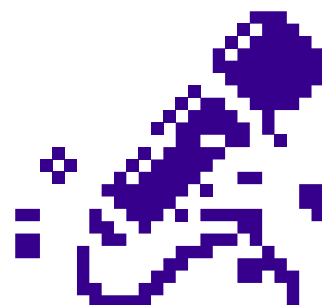
OCT
29

CREATIVE HEALING

Writing, Workshop: Discover the power of creativity and connection through journalling, textile art and neurographic drawing. Join Argyll & Bute Rape Crisis for gentle, supportive sessions exploring healing, self-expression and community. No art experience needed. Come as you are.

Supported by SMHAF Regional Participatory Arts Fund.

- 🕒 Wed 29 Oct, 5, 12 Nov, 10am-12pm
- 📍 The Recovery Corner, 93 John Street, Dunoon, Argyll & Bute, PA237QT
- 🆓 FREE | Book: stevie@ab-rc.org.uk

NOV
07

SEE ME MORE CLEARLY, HEAR ME MORE CLEARLY

Photography, Visual Arts, Sculpture: Building on the success of See Us, Hear Us, this new exhibition explores the theme Comfort & Disturb through digital photography, sculpture, and visual art. Climate change features prominently, with works created from beach clean collections and other found materials.

- 🕒 Fri 7 Nov, 6-8pm
- 📍 Submarine Centre, West King Street, Helensburgh, G84 8DJ
- 🆓 FREE
- 📧 katrina.sayer@enable.org.uk

Aberdeen

OCT
17

BATSHIT

Theatre: Fringe First winner & one-woman tour de force BATSHIT returns to Scotland. A wildly theatrical, darkly comic and poignant reckoning with the myths & misconceptions of female madness. Created by psycho-siren Leah Shelton and directed by Olivier award-winning Ursula Martinez, BATSHIT is a requiem for Leah's grandmother Gwen, who was incarcerated for seeking independence in 1960s Australia.

- 🕒 Fri 17 Oct, 7-7.50pm
- 📍 The Lemon Tree, 5 W N St, Aberdeen, AB24 5AT
- 🎟 £17.50 | Book: [aberdeenperformingarts.com/whats-on/batsht/](https://www.aberdeenperformingarts.com/whats-on/batsht/)
- 👤 14+
- 📧 leah@polytoxiclovesyou.com

OCT
22



DIAGNONSENSE

d. Ane-Martha Tamnes Hansgård
(Norway, 2025) 1h 12m

Film: For over 15 years, director Ane-Martha Tamnes Hansgård was labelled with several serious psychiatric diagnoses. Her perpetual treatment process left her struggling to distinguish between her own identity and the one explained by her various conditions. In an effort to find herself, she began documenting her life. The result is a unique cinematic universe based on her experiences sculpting a narrative from an extensive collection of private archival footage.

- 🕒 Wed 22 Oct, 6-8pm
- 📍 Room NK10, New King's, University of Aberdeen, High St, Aberdeen, AB24 3UB
- 💷 Pay What You Can: £10 / £7 / £4 / FREE
- 📖 Book: tikt.link/diagnonsenseabdn
- 👤 15+: References to self-harm and suicide

OCT
25



OUTLINES CREATIVE x MIDDLEFIELD COMMUNITY PROJECT

Visual Arts, Community: Come watch the live painting of a brand new community mural at Middlefield Community Hub. The mural was designed through workshops with young people, using art as a tool to support mental wellbeing. Drop by to see the new design take shape!

Supported by SMHAF Regional Participatory Arts Fund.

- 🕒 Sat 25 Oct, 10am-4pm
- 📍 Middlefield Community Project, Manor Ave, Aberdeen, AB16 7UR
- 💷 FREE
- 📖 outlinescollective.co.uk
- ⚠️ This event will be outdoors. Please wear suitable clothing.

OCT
29



SMHAF x WAYWORD

Writing, Awards: The writing awards is a major highlight in the SMHAF programme and one of our most enduring successes. This year we are excited to be teaming up with WayWORD at the University of Aberdeen to present a live literary showcase hosted by poet Jo Gilbert, with performances by Iona Fyfe and Mae Diansangu, alongside our annual prizegiving. See p.14 for full details.

- 🕒 Wed 29 Oct, 6.15-9.30pm (Doors 6pm)
- 📍 Cowdray Hall, Schoolhill, Aberdeen, AB10 1JQ
- 💷 Pay What You Can: £10 / £7 / £4 / FREE
- 📖 Book: tikt.link/smhafwayword
- 📧 smhaf@mentalhealth.org.uk

NOV
08



BODY MAPPING

Dance, Discussion, Workshop: Citymoves Dance Agency present a work in progress sharing and panel discussion, developed through series of creative workshops at Rape Crisis Grampian. Inspired by the theme Comfort & Disturb, the sessions will explore somatic movement, drama therapy, and body mapping, supporting personal reflection and creative expression.

Supported by SMHAF Regional Participatory Arts Fund.

- 🕒 Sat 8 Nov, 6-7pm
- 📍 The Anatomy Rooms, Citymoves Dance Agency, Aberdeen, AB10 1AL
- 💷 FREE
- 📖 Book: bodymappingSMHAF.eventbrite.co.uk
- 📧 lynn.shaw@citymoves.org.uk
- ⚠️ Quiet space

Dundee

OCT
20



MAKING SENSE: A COLLABORATIVE TEXTILE EXHIBITION

Visual Arts, Textiles: Come along to an exhibition showcasing artwork created through a collaboration between Ninewells Community Garden and the Carseview Centre at Ninewells Hospital. Local artist Anna Rooney has worked with workshop participants to create a series of engaging textile wall panels for Ward 2's quiet room.

Supported by SMHAF Regional Participatory Arts Fund.

- 🕒 Mon 20 Oct-Sun 9 Nov, Mon-Fri 10am-3pm (Occasional weekend opening, see website for details)
- 📍 Ninewells Community Garden, The Arboretum, 7 Tom MacDonald Avenue, Dundee, DD2 1NH
- 💷 FREE
- 📧 annarooneyart@gmail.com
- 📧 admin@ninewellsgarden.org.uk

OCT
21



AN ANGEL AT MY TABLE (35MM) d. Jane Campion (NZ, 1990) 2h 38m

Film: A rare opportunity to see the sophomore feature which catapulted renowned filmmaker Jane Campion to international acclaim in 35mm. An insightful portrait of New Zealand writer Janet Frame, chronicling her early childhood to years spent institutionalised, through escapades in Europe and ultimate journey to literary success. Campion works to tease out the relationship between Frame's creative brilliance and mental health challenges. This screening will include specially commissioned programme notes by writer Rose Ruane.

- 🕒 Tue 21 Oct, 7.30-10.25pm
- 📍 Dundee Contemporary Arts, 152 Nethergate, Dundee DD1 4DY
- 💷 Book: www.dca.org.uk | 01382 213 610
- 👤 15+

OCT
28



SURROUNDING

Visual Arts: A collaborative project by Dundee-based How It Felt, Amina MWRC and Dundee International Women's Centre, supported by ScrapAntics. The public exhibition will feature mixed media artworks created by BME women in private workshops, exploring comfort zones, familiarity and emotional wellbeing through an immersive, engaging exhibition

Supported by SMHAF Regional Participatory Arts Fund.

- 🕒 **Private Opening:** Tue 28 Oct, 11am-1pm (women only).
- 🕒 **Public Exhibition:** Wed 29 Oct, 1-4pm
- 🕒 **ScrapAntics Drop-In:** Thu 30 Oct, 12-3pm
- 📍 ScrapAntics Community Space, Level 2, Wellgate Shopping Centre, Victoria Road, Dundee, DD1 2DB
- 💷 FREE
- 📧 rachel.howitfelt@gmail.com
- ⚠️ Quiet space

NOV
01



WAVES OF HOPE AND FAITH

Visual Arts, Community: Waves of Hope and Faith is an arts and performance event by Inspiration Project, exploring the theme of Comfort & Disturb through the lens of Ukrainian cultural traditions. Featuring trauma-focused workshops and a powerful performance, it explores exile, resilience and healing, created by and for refugees, children and communities finding hope through creativity.

Supported by SMHAF Regional Participatory Arts Fund.

- 🕒 Sat 1 Nov, 11am-6pm
- 📍 City Church Dundee, The Friary, 8-12 Tullieph Road, Dundee, DD2 2PN
- 💷 FREE (Donations welcome)
- 👤 Subtitled performance
- 📧 barbaramishyna9@gmail.com
- 07388 616 247

Highland



SMHAF Highland is a collaboration between local groups and third sector organisations coming together across the region to promote engagement in activities which can benefit mental wellbeing, challenge stigma and raise awareness.

Running for over 15 years, every year we aim to have a diverse programme of events including creative workshops, film screenings, library sessions, mindfulness, performance poetry, art exhibitions, and the annual Walk a Mile in Inverness to raise awareness of mental health issues.



mhfestival.com/highland
smhafhighland.co.uk
 SMHAFHighland



SEP
29



SMHAF HIGHLAND EXHIBITION

Visual Arts, Exhibition: This much-loved annual exhibition features work by individual artists and groups from across the Highlands. Powerful, expressive artworks celebrate the role of the arts in mental health recovery and wellbeing, exploring the theme Comfort & Disturb. Join the SMHAF Highland team for the Opening Gathering, with refreshments provided. The exhibition is at Eden Court, Inverness, before touring to Thurso Art Gallery.

Eden Court

Bishop's Road, Inverness, IV3 5SA

🕒 **Launch:** Fri 3 Oct, 1-3pm

🕒 **Exhibition:** 29 Sep-24 Oct, Mon-Tue 4-8pm, Wed-Sun 11am-8pm

📧 donnasmurray@smhafhighland.co.uk

Thurso Art Gallery

Thurso Library, Davidson's Lane, Thurso, KW14 7AF

🕒 **Exhibition:** 10 Nov-9 Jan, Mon & Wed 10am-6pm, Tue & Fri 10am-8pm, Thu & Sat 10am-1pm

📞 01847 893 237

🎟 FREE

📧 donnasmurray@smhafhighland.co.uk

OCT
11



WALK A MILE IN THEIR SHOES

Community: Join Mikeysline, HUG (Action for Mental Health), Discovery College, and other organisations for this year's Walk A Mile along the River Ness and through Inverness city centre. Family-friendly and open to all, with refreshments afterwards at Discovery College, Eastgate Centre.

🕒 Sat 11 Oct, 2-5pm

📍 Fisherman's Hut, Bught Park, Inverness, IV3 5SR
 Bishop's Road, Inverness, IV3 5SA

🎟 FREE

📧 graemewatson@mikeysline.co.uk

OCT
15



TONGUE WALKING GROUP: WEDNESDAY WALKS

Community: Join Tongue Walking Group in the countryside of North West Sutherland on one of their free, relaxed and friendly health walks. The group decides on the day where they are walking to, taking into account weather conditions. Afterwards there is the option to gather at a local cafe for coffee and cake.

🕒 Wed 15, 22 & 29 Oct, 1-3pm

📍 Tongue

🎟 FREE

📞 01847 611 327

👤 Tongue Walking Group

NOV
06



NATURE IN CONTRAST: A MIXED MEDIA WORKSHOP

Visual Arts, Workshop: Join Discovery College and Arts in Nature for a mixed media collage workshop. Explore nature's contrasts, soft moss, thorny twigs, feathers, and bark as a way to reflect on comfort and unease. A gentle, creative space for expression, reflection, and connection. No art experience needed.

🕒 Thu 6 Nov, 10.30am-12.30pm

📍 Discovery College, The Eastgate Centre, Inverness, IV2 3PP

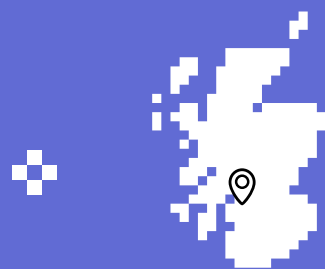
🎟 FREE | Book:

centred.scot/discovery-college-courses

👤 18+

📧 discoverycollege@centred.scot

Renfrew -shire



Renfrewshire Health and Social Care Partnership supports and coordinates Renfrewshire's contribution to the national festival. The festival is an opportunity to bring services and partners together to support the mental health of Renfrewshire residents through arts and culture. It's great to see how partners and services approach the annual theme each year with local participants and contributors commenting on how they enjoy being part of a national festival. Renfrewshire aims to use the festival as an opportunity to connect attendees with on-going arts and cultural activity across the region to continue supporting people's mental health.

mhfestival.com/renfrewshire

[SMHARenfrewshire](https://www.facebook.com/SMHARenfrewshire)



PORRIDGE PORTRAITS



Visual Art, Community: RAMH invites you to take part in Porridge Portraits, a creative activity using porridge as a canvas to reflect your mood and spark conversations about mental health. Submit your photo to be featured in our online gallery.

Online: ramh.org/porridgeportraits

Submit photos via WhatsApp:

07824 305 136

FREE

enquiries@ramh.org

Porridge Portraits



Online

OCT
20



STORY TREES

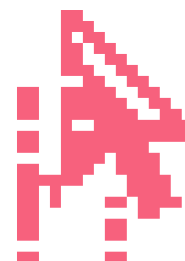
Visual Art: Students of North Ayrshire Wellbeing & Recovery College have made wire tree sculptures, decorating the trees with items to represent life memories they want to treasure. In processing the memories students have found they have been able to let go of challenging memories and progress in their recovery.

Mon 20 Oct-Sun 9 Nov, 9am-5pm

Online, www.ramh.org

FREE

lainey.mckinlay@ramh.org



OCT
23



SIX WEE WORDIES TO COMFORT AND DISTURB

Writing, Workshop: Join See Me for a relaxed and informal online writing workshop. Using the popular Six Wee Wordies technique, we'll explore the theme of Comfort & Disturb and how these states can co-exist. This accessible method invites participants to share a story or idea in just six words. No writing experience needed.

Wed 23 Oct, 7-8.30pm

Zoom

FREE

Book: SixWeeWordies.eventbrite.co.uk

Maeve.Grindall@seemescotland.org

OCT
30



CREATIVE APPROACHES REPORT LAUNCH

Multi-Arts: Creative approaches have long been vital to See Me's anti-stigma work, particularly through the Anti-Stigma Arts Fund. A new report from evaluation partners Mental Health Foundation explores the huge impact and value of taking an intersectional creative approach. Join us to launch the report and hear from key partners sharing their insight into why community-based creative projects are fundamental to the work of tackling stigma.

Wed 30 Oct, 10am-12pm

Zoom

FREE | Book: www.seemescotland.org

Maeve.Grindall@seemescotland.org

NOV
03



SO IN FLOW WITH MICROPOETRY

Poetry, Workshop: A five-day online workshop blending mindfulness and micropoetry in short daily sessions. The mini-workshops will be held over Zoom and fit easily into a coffee break, helping mindfulness become a daily practice.

Mon 3-Fri 7 Nov, 4-4.15pm

Zoom

FREE | Book: flowmagic.org/micropoetry

NOV
06



CREATIVE CIRCLE

Spoken Word, Writing, Workshop: The Creative Circle is a safe space to share your creativity. Receive inspiration, express your voice and share your truth in a safe space.

Thu 6 Nov, 7-8pm

Zoom

FREE | Book: flowmagic.org/creativecircle

Stay Connected



REACH OUT

If you have any questions about the Scottish Mental Health Arts Festival, please reach out. If you want to know more about a specific event, please contact the organiser directly using the information provided in the listing. Additional contact details may also be available on our website.

PERFORMING ANXIETY

Performing Anxiety is a resource for people who want to make audience-facing or participatory arts projects about mental health. It draws on interviews with over 30 people – writers, performers, directors, producers and programmers – across the UK. The resource includes a user-friendly good practice guide, and covers autobiographical work, participatory work, safer working environments, leadership and more. Find out more at mhfestival.com/performing-anxiety.

Performing Anxiety was created by the Scottish Mental Health Arts Festival and the Mental Health Foundation, with funding from the Baring Foundation.

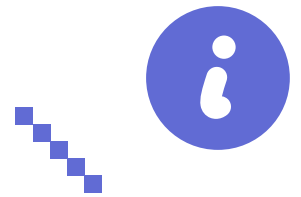
KEEP IN TOUCH

The SMHAF team are always planning new events and projects exploring the arts and mental health. Are you an artist developing a new project exploring mental health? Would you like to help improve mental health in the arts sector? Do you work for an organisation that would like to get involved in SMHAF 2026? Get in touch to find out more about the festival and how to get involved. Contact us at smhaf@mentalhealth.org.uk

JOIN THE CONVERSATION ONLINE

#SMHAF25  @mhfestival  @mentalhealtharts

Getting Help



If you or someone you know is struggling with their mental health, you are not alone, and there are places you can go to get help.

Usually, your GP is the first place you should go if you have concerns about your mental health that won't go away – or if you have thoughts about suicide at any time.

Call the NHS 24 Mental Health Hub on 111 if you need to get help when your GP isn't open or available. You may prefer to get free, confidential support by phone or online.

SAMARITANS

Samaritans volunteers are there to listen. The phone line is confidential, free to call and available 24 hours a day, 7 days a week.

116 123

jo@samaritans.org
samaritans.org

BREATHING SPACE

Breathing Space is a free, confidential phone service for people in Scotland. It offers listening, advice and information about mental health.

0800 83 85 87

breathingspace.scot

SHOUT

Message SHOUT for free, confidential and anonymous text support on your mobile.

85258

giveusashout.org

CHILDLINE

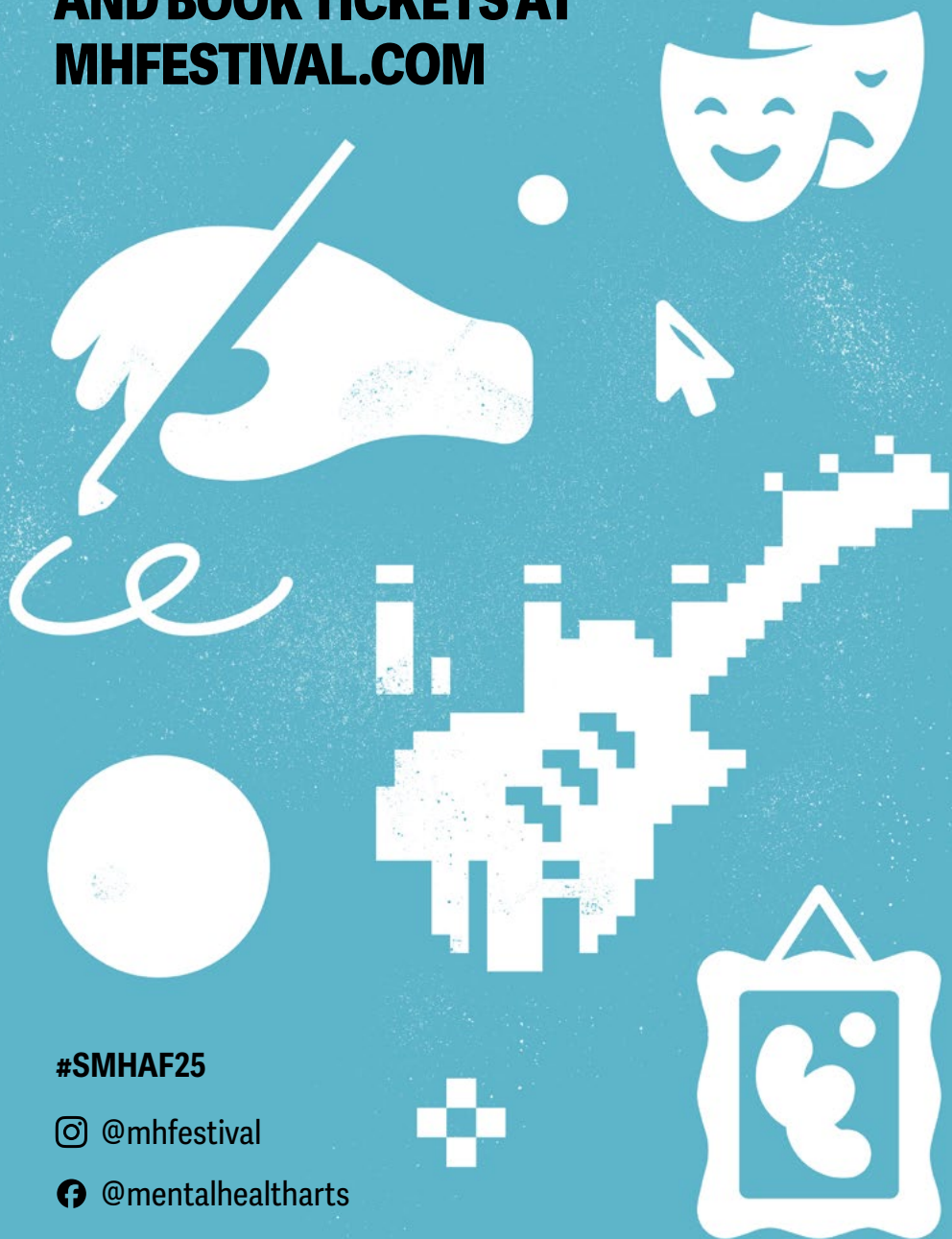
If you are a child or young person, you can contact Childline about anything. You can call for free or chat to a counsellor in a safe space online.

0800 1111

childline.org.uk

For more organisations that could help you with a range of worries, visit mentalhealth.org.uk/get-help

**EXPLORE THE PROGRAMME
AND BOOK TICKETS AT
MHFESTIVAL.COM**



#SMHAF25

 **@mhfestival**

 **@mentalhealtharts**