

Re[Frame] Mural Video Transcript

Open screen:

Viewer Advice

Viewers are advised that this video discusses themes including mental illness and suicide.

There is always someone to listen.

If you or someone you know needs help, please contact:

Lifeline on 13 11 14 lifeline.org.au

Suicide Call Back Service

1300 659 467

Suicidecallbackservice.org.au

Background music

City of Rockingham logo

McLarty Hall

Wadjuk and Binjareb Nyoongar Country

Drone imagery of Shoalwater zooming into McLarty Hall. Bird calls.

Shot of Kelly, Re[Frame] participant

My name is Kelly. I got involved in the Re[Frame] project because I had 18 months of a very bad time in my life with mental illness and I thought it was a good thing to be involved in and try something different as well.

Shot of Sylvia, Re[Frame] participant

My name is Sylvia Stonehouse. When I suffered PTSD through some unfortunate circumstances, I thought this is going to be a good way to go out, meet some other people in a safe environment, do some art which I love and it's going to help the general public understand that mental illness is not something to be ashamed of. Anyone can suffer mental illness. Anybody.

Image of Re[Frame] Graphic, water colour image of human outline surrounded by watercoloured clouds and wavy lines. Reframing the conversation around mental illness.

Image of McLarty Hall from McLarty Road.

Shot of Elaine, City of Rockingham Officer.

My name is Elaine and I work at the City of Rockingham in Community Development. The Re[Frame] project came from the idea to reframe that conversation around mental illness, to be able to say that it is okay to talk about it and we understand that it's a natural process that a lot of people go through.

Drone imagery of Shoalwater and Shoalwater Foreshore

In the City of Rockingham there are a number of people experiencing mental illness or have been affected by suicide loss.

Text stating 14 % of the population are impacted by mental illness

So knowing that's such a significant part of our population it was important to be able to have that community voice recognised and have an ongoing acknowledgement of those experiences.

Drone imagery of Shoalwater beach area and islands

And so this was the beginning of the Re[Frame] project and it was very much centred around the idea of going to our local community and asking the people who have the lived experience what their journeys of recovery looked like.

Imagery of beach and waves

Kelly speaking

So I suffered from depression. I had heard about it and knew people who had it, but until it happened to me I didn't know how debilitating it was.

Images of birds flying

It affected every aspect of my life. Even simple things like getting out of bed was impossible. Very severe consequences for my job at the time. I wouldn't wish it on anyone.

Sylvia speaking

When I suffered PTSD, the overwhelming distress you go through when you realise you are not in control of the way your body is reacting to the triggers. You feel very, very ashamed. You don't want people to know that you are a wreck emotionally.

Elaine speaking

It's obviously a very significant thing to ask people to talk about a very vulnerable story. And so that was one of the things we found really important to keep coming back to about how are we doing this in a way that makes people feel comfortable in how their stories are being told.

Images of McLarty Hall

And so we partnered up with two local organisations in the mental health field: Rockingham Salvation Army and Mind Australia Kwelena Step Up, Step Down program. And they

identified that Art Therapy was one of the great ways to be able to engage people in a way that's both creative but is also safe and appropriate.

Images of art workshop materials and artworks

Shot of Paul K. Davis, Art therapist, Reflective Visions

I'm Paul Davis from Reflective Visions Art Therapy and I help people with lived experience of mental illness brainstorm their recovery strategies: things that help them live well with their mental illness. In art therapy we use visual media because words don't necessarily always come to mind for people and for them to think in images or experiences, it can help people make new meaning about the stories in their lives.

Sylvia speaking. Images of Sylvia's artworks.

I did two pieces. I did a bonsai tree and I did a poodle. Because I couldn't go outdoors socially, so I started taking my little micro teacup poodles in my shoulder bag, I snuck them on the train, I snuck them on the bus, I even went on the South Perth ferry and no one knew they were there. And they made me feel safe, because if they didn't like someone they would growl.

Kelly speaking. Images of Kelly's artwork.

So the things that have helped me on my mental health journey have been yoga, and the importance of my pets, which I'm a cat person. The things that help me with yoga and with my cat is that it's very calming. It's about quieting the mind down. And I also have a little peace bird. Sort of symbolises that there is hope, there is hope.

Imagery of McLarty Hall and mural installation

Elaine speaking

We heard from quite a few different participants about what kind of art installation they would like to see. We identified that a mural is a great way to be able to keep all those ideas together and also to tell individual peoples' stories.

Imagery of Carol Clitheroe, artist, installing artwork.

My name is Carol Clitheroe, I'm from Neverending Designs and I am the principal visual artist. So my job was to take the participants ideas and put them altogether into something that was quite pleasing, which was the mural.

Image of concept design of mural surrounded by participant artworks

Well it was quite a challenge, because everyone's artwork was very different. So what I had to do was look at the things that came up quite often in the participants art. So I would look at what colours they were using and the symbols that they were using and then find a way to honour their artwork. So some of the images are directly out of their paintings.

So the mural depicts a person who is part of a tree and all of these little images are coming out that depict things that are relevant to the participants. There's music, there's puzzles, there's flowers. There were a lot of pets which were very important in their life. And when I

looked at some of the words from the workshops, some people were letting go of things and so the dandelion was a symbol of seeds blowing away. So being able to let go of something. So I felt like that that was a very nice relevance to the mental wellness theme.

Paul Davis speaking

One of the most rewarding parts of the Re[Frame] project was when people were talking about all their different recovery strategies, somebody came up with the phrase Find What Works For You and it was acknowledging that it takes many different strategies to help people cope with mental illness and I think it's really symbolic of the Re[Frame] project. Finding what is your thing that helps you live in this fairly stressful world that we live in.

Kelly speaking

It's so exciting to see it. One of the big things I like about it is that you can pick out pieces and talk about what it means to you. I think it's really very powerful. Such a beautiful image.

Sylvia speaking

I live the way that Carol's done the colours coming outwards like a warm glow. It's got a warmth to it, it's lovely.

Elaine speaking

It's been incredible to see the final mural go up. We could have never anticipated what that would be like to see that all pictured at the end. Their voices being so powerful for so many people and has really been just so inspiring to me personally.

Carol speaking

And I've learnt a lot too. I think in the fact that it's the small things that mean a great deal to people, like music, birds and singing or just a beautiful day. It can trigger lovely emotions in you and for people who are perhaps having a struggle, these things can mean a lot.

Kelly speaking

When I think back to what I was like, I can see that I've had a lot of change in how I think about things and being open to different experiences, it's probably been the life changing thing for me.

Sylvia speaking

It was a real bright spot in my life to be involved in the workshops and I feel that it is worthwhile participating because the more people open up and honestly talk about the issues they've had with mental illness, the more it will encourage people to know they're not alone, that there are people going through the same thing and we're finding ways of coping, we're finding ways of overcoming our problems.

Kelly speaking

We all have things that we enjoy or do differently and if that's what brings you peace and calm and enjoyment in your life, you know, make that time for it.

Drone imagery zooming out from mural to sky

Elaine speaking

The hope for this project is that it raises our community awareness of the experience of mental illness, that there is places that they can find help, but also connecting them to things that help them stay well and to connect to others that share those passions. And so through the mural, those conversations will keep happening throughout our community in the years to come.

Fade to black

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