



MAKE YOUR MARK: Pathways group support coordinator Kerry Starnes with Chorus mental health services manager Jerry Caruana. **Photo:** Emily Sharp.

Art highlighting mental health

PATHWAYS South West with the help of several community organisations have created an exhibition, Make Your Mark for Mental Health Week, to open up people's perception of art. The exhibition was launched on Monday night at the Bunbury Regional Art Gallery and will be open until October 14.

Pathways group support coordinator Kerry Starnes said there would be more than 60 pieces of art included.

"Art can take people's minds off things and they can actually concentrate and be working on something, they don't think about other

things that might be going," she said.

Chorus mental health services manager Jerry Caruana said the week was about providing education, awareness and events where people could come together.

"The idea of mental health week is to provide exposure and awareness around mental illness, what it means and that it is OK and quite normal, everybody typically experiences some sort of mental illness during their lives," he said.

"It's about making it more known and helping people to understand they can get help."