

## OUT FROM THE MIST - BREAKING DOWN MENTAL ILLNESS STIGMA ONE LENS AT A TIME

In its third consecutive year, international film and photography competition, [Out From The Mist](#) is helping to break down the stigma associated with mental illness by sharing experiences of those who have lived with it.

1 in 10 people globally experience mental health disorders – that’s 792 million people, indicating there isn’t a more important time than right now to be spreading awareness and breaking down stigma surrounding mental health.

Founder and Creative Director, Michael Lockwood, says since being diagnosed with depression ten years ago, he’s had to learn to manage it as part of his everyday life.

“For better or worse, this illness is an integral part of who I am, and I’m proud of who I am, depression and all.”

“The competition shines a light on the varied experiences people face with their mental wellbeing, from experiences of pain and suffering, caring and empathy for loved ones, through to elation of conquering obstacles.”

“While the focus is on mental health, Out From The Mist is about so much more. Harnessing the power of storytelling, it looks at mental health through the lens of art,” Michael says.

Danielle Pocock, former winner of the competition, expresses why she felt it was important to put her work out there to help break the stigma.

“I definitely felt that it was important to put my work out there in this space. There is nothing like this. A photographic competition about mental health and expressing mental health. I want my work to resonate with others, and hopefully open up conversations or a way for other to express how they feel.”

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## MEDIA RELEASE



The live exhibition will run during Mental Health Week in October this year, with the awards night held online and in the host city, Brisbane, where there will be 20 category winners.

Entries are now open for artists and creatives across the world to submit their work. Whether you've been directly impacted by mental illness, or indirectly impacted through a friend or relative, this is your chance to share your experience in the form of art, film, and photography.

Entries close 24 September and winners will be notified by 10 October 2021. To enter the competition, see last year's entries or view the incredible prizes up for grabs, visit [www.outfromthemist.com](http://www.outfromthemist.com).

Out From The Mist is run in partnership with the Mental Illness Fellowship of Australia (MIFA). If you would like to support the competition by becoming a sponsor, contact Tony Stevenson at MIFA at [tony.stevenson@mifa.org.au](mailto:tony.stevenson@mifa.org.au), Michael Lockwood at [michael@outfromthemist.com](mailto:michael@outfromthemist.com) or visit [www.outfromthemist.com](http://www.outfromthemist.com).

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