

Ni MENTAL
HEALTH
ARTSFEST
AT A
GLANCE

MONDAY 18TH

11am - Fears - 'two_' Premiere

3:30pm - NIMHAF Big Sing
For Wellness

5pm - John Patrick Higgins &
Triona Doyle 'All Within'

6pm - Grace Fairley
'Submerged' Premiere

7pm - Denis Jackson Wade Yoga

WEDNESDAY 20TH

11am - "I follow my millennial death
lust wherever it takes me"

Jennifer Meighan & Bassam Al-Sabah
premiere

12am - Beyond Skin Decompress Stress

3:30pm - NIMHAF Big Sing
For Wellness

5pm - Kathryn McGrane
'Ballymacdermot Mountain' Premiere

7pm - Brain Injury Matters Film
Premiere

KEEP IT ZESTY

INSTAGRAM TAKEOVER

TUESDAY 19TH

11am - The Movement Collective
'What Are My Feet Doing?'
Premiere

3:30pm - NIMHAF Big Sing
For Wellness

5pm - 'The Yellow Wallpaper'
a conversation on Perinatal
Depression with Cheryl Gault

7pm - Gemma Hutton Facebook Live
Q&A

UNIVERSITY OF ATYPICAL

THURSDAY 21ST

11am - Jonathan Brennan 'Mamalujo'
Premiere

12am - Dr Robin Price 'The Bay'

3:30pm - NIMHAF Big Sing
For Wellness

5pm - Philip Quinn 'I, Me, Mine'
Premiere

7pm - Helen Sloan Q&A
Facebook Live

DIFYLABS INSTAGRAM TAKEOVER

FRIDAY 22ND

11am – Elly Makem 'Just Do It'

3:30pm – NIMHAF Big Sing
For Wellness

7pm – Inspire 'The Craving Mind'
A compassionate conversation

8pm – Ellen and Edie present:
Online Burlesque Extravaganza!

MINDWISE INSTAGRAM TAKEOVER

SUNDAY 24TH

11am – Beyond SKin 'Mind Harp'
Workshop

3:30pm – EG & Friends Identity
Special on The 343 Radio

5pm – Louise Parker 'Mind On Body'
Premiere

7pm – The Armagh Rhymers
'Postcard Armagh'

**5TH ELEMENT INSTAGRAM
TAKEOVER**

SATURDAY 23RD

11am – NIMHAF Big Sing
For Wellness

3:30pm – Emily Kane
'Natural Dying Workshop'

5pm – Richard Bailie & Charly Sproule
'Contingency!'

8pm – Paul Currie 'Turbo Hallion'
Instagram Live Comedy Show

10pm – Minds Party! DJ Sets

PAUL CURRIE INSTAGRAM TAKEOVER

THROUGHOUT THE FESTIVAL

OPEN CALL – Exhibition 'Identity'

OPEN CALL – Poetry Collection
'Isolation'

Brain Injury Matters 'Displaced'
Exhibition

James Ashe 'Distant But Together'
'The Strand Movie Pics'

Dr Helen Sharp 'Holism'

**All Events on nimhaf.org
Unless Stated Otherwise**