

NI Mental Health
Arts Festival



NORTHERN IRELAND MENTAL HEALTH ARTS FESTIVAL

6—31 MAY
2019



NIMHAF is a festival highlighting mental health by showcasing arts and film events across Northern Ireland. **With arts on offer from visual arts and photography, poetry and song to psychodrama, music, comedy and film, the festival promises to put transformation on the agenda.**

For full listings & more information on our sponsors find us on Facebook, Instagram or Twitter or visit www.nimhaf.org

PRINCIPAL
FUNDER



arts
council
of Northern Ireland

Moving Forward

6th – 23rd May | 11am – 4pm
Launch 13th May, 12.30pm
University of Atypical
109-113 Royal Avenue

A group exhibition drawn from an open call exploring how artists who have experienced mental health issues have evolved through and in their own practice.

Dialogues with Madwomen

Tues 14th May | 6.30pm
The 343, 431 Newtownards Road
Documentary featuring interviews with women diagnosed with mental health problems. Common threads between them are sexual abuse, dispiriting encounters with mental health professionals and creative pursuits that are hard to separate from their mental health. £3 suggested donation on door.

Single Launch & Concert

15th May | 7.30pm
Spectrum Centre, Shankill Road
Shankill-based indie band VALE launch their single about depression and its impact - 'Sorry to Live' supported by The Hope Centre and Woodvale Festival.

Ludo Is Fantastic

16th May | 8pm
Framework
10 Upper Newtownards Road
A film about the artist Ludo Mich. His energy and positivity are the driving force behind his work. Q&A with the Director Willie Stewart. £3 Suggested Donation on Door.

A night of Burlesque Debutantes

18th May | 7pm – 9.30pm
The 343, 431 Newtownards Road
Belfast's newest Burlesque producers Ellen & Edie present some exciting upcoming cabaret talent. £8 at the door.

Keep it Zesty Exhibition

13th – 31st May | 11am – 4pm
Launch 15th May, 7pm
Framework
10 Upper Newtownards Road
Keep It Zesty was launched by DSNT to raise awareness of mental health in music and the creative industries. Supported by the Hope Centre.

ESC films 20th anniversary showcase

14th May | 8.15pm
Strand Arts Centre
156 Holywood Road
This event will give you insight into the creative power of storytelling through film. esc films work with people with learning disabilities, forensic histories and mental health issues.

Inside Out: Moving Forward with Creative Wellbeing

15th May | 6pm – 8pm
1st Floor, Lombard House
Lombard Street, Belfast
The Inside Out Creative Wellbeing Movement are hosting one of their popular Open Mic Creativity Nights, based around how creativity helps your wellbeing. Free refreshments. Booking essential by emailing Dee on d.brannigan@inspirewellbeing.org

Comedy Open Mic Night

16th May
8.30pm – 11pm
Bennigans Bar, 13 John St, Derry
A comedy evening to raise awareness on mental health issues, including access to services, personal narratives and stigma. This is an over 18s event.

Collection of short films and discussion

19th May | 4pm
Strand Arts Centre
156 Holywood Road
Films from John Deery, DU Dance (NI) and McGill University in Montréal with a panel discussion.

On Your Mind: On Screen

13th May | 7pm
The 343, 431 Newtownards Road
Mental health is an endemic problem in Northern Ireland. Come together to watch films by three local filmmakers that shine a light on issues facing people. £3 suggested donation on door.

Irene's Ghost introduced by Iain Cunningham

15th May | 6.15pm
Strand Arts Centre
156 Holywood Road
'A son's search to find out about the mother he never knew, piecing together fragments of the past to make sense of the present.' It explores how Postpartum Psychosis can affect a family.

Let your Art get you through the dark

16th May | 5.30pm – 8pm
The Creative Exchange
Portview Trade Center
Newtownards Road
Participants will be provided laser cut letters, salvaged wood and paints to make their own Wall Art.

'Cheaper Than Therapy'

17th May | 8pm
The 343, 431 Newtownards Road
A night of comedy taking a light hearted look at Mental Health. Acts include Mairead Kane, Kellie Turtle, Leo Lardie, Luke McGibbon and Sarah Firby. £5 suggested donation on door.

'It was not death, for I stood up, and all the dead lie down'

19th May | 7pm
The 343, 431 Newtownards Road
A night of movement, film and performance exploring depression and anxiety. Specially curated works from Ro Owens, Emily Foran, Patrick Scullion and Charly Sproule. £3 suggested donation on door.