

# Stronger Together

## **Mental Health Art Project**

Grade 6 & 7 girls

## **St. Vital Catholic School**

Living Sky School Division No. 202

The grade 6 and 7 girls at St. Vital Catholic School decided that they wanted to come together as a group and do something that would make a difference – in their lives and in the lives of others. As staff, our goal was to encourage the girls to work together and teach them that they can utilize their individual strengths and talents to create positive change. Through several conversations exploring different ideas and themes – the girls recognized that they all felt passionate about the topic of Mental Illness. Our uniquely artistic group of girls decided to use various art forms to represent several mental illnesses.

The students, individually and in small groups, researched topics related to mental illness and created this art piece. Their goal is to raise awareness and break the stigma of mental illnesses to create an environment of hope and support.

The result is this display of art which our students feel represents their individual views of several forms of mental illness. The girls felt it was important to include a piece representing HOPE and a piece representing Breaking the Stigma of Mental Illnesses.

Our final piece represents:

**Anxiety**

**Depression**

**Mania**

**Schizophrenia**

**Obsessive Compulsive Disorder**

**Hope**

**Breaking the Stigma**

Thank you to:

Living Sky School Division No. 202 for supporting this project  
St. Vital School Staff for giving us student time and all your support  
Carpet Superstore for donating the tiles for our art piece  
Mike Kramm for helping us display the artwork  
St. Vital Grade 6 & 7 girls for all your hard work!

Submitted by: Jessica Labman, Counsellor