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## **A Display of Art Created By The Hands of Those With Mental Illness**

**LOS ANGELES, Calif.** - Two organizations focusing on mental health awareness, The Alcott Center Mental Health Services and Painted Brain are collaborating to create an art exhibition. The Alcott Center for Mental Health Services was formed in 1979 with the purpose to improve the quality of life for people with mental health issues. Painted Brain is a nonprofit organization established in Los Angeles with the mission to change the stigma of mental illness through art, technology and advocacy. The purpose of the event is to feature art by clients from both organizations for the community to see.

Art is an important tool for many people to use as an external way to heal and deal with one's emotions. It can also create a sense of community amongst the artists which is necessary when dealing with the feelings mental illness can bring. Therefore, the joint art exhibition is a way for the two organizations to showcase artists struggling with mental illness.

Support systems are a crucial aspect for many people to receive more positive reinforcements for their actions or who they are. People with mental illness have higher chances of feeling lonely, like an outcast, etc. that's why support is needed for these individuals. The gallery art show will allow the community to come together and support the arts, the artists and the mission to reduce the negativity around mental illness.

The event takes place on February 21, 2019 at The Alcott Center Mental Health Services Studio Gallery on 1441 S. Robertson Boulevard Los Angeles, CA. It will take place in the evening from 5pm- 8pm. There will be refreshments and hors d'oeuvres provided for free. To learn more about Alcott Center Mental Health Services, visit <http://www.alcottcenter.org/>. To learn more about Painted Brain, go to <https://paintedbrain.org/>. For more information on the event, please contact Kevin Naruse at 310-938-1312 or Roxanne Gonzales at 310-770-4488.

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