

## DEVELOPMENTS



✦ Rugby commentator Brent Pope and HSE art psychotherapist Catherina Brady look at some of the art work which is on display

“For too long, suicide, which is the apex of mental health problems, has been deemed as a dirty word. The more people explore this issue the more that can be done about it.”

an accident who is getting on with his life and dealing with it or you can meet a man who has a great job, lovely wife and family but can't come to terms with the power of what is going on in his mind.

“More money needs to be spent on educating young people through the school system so that they will not feel alone when dealing with issues like this.

Teenagers don't realise why they may be feeling a different way,” he added.

#### THE CHALLENGE IS EARLY INTERVENTION

Longford native Catherina Brady spent six years qualifying as an art psychotherapist. She completed a postgraduate diploma in Art Therapy/ Art Psychotherapy in Queen Margaret University College Edinburgh. Her work is a labour of love. She is adamant about the benefits and says, “I see the benefits (from art therapy), it helps people, and I can see a release sometimes in people being able to express what is going on in their heads, in connecting and sharing their stories with others in a therapeutic space and getting a new view on something.

“I did a pilot study a number of years ago and it showed very positive responses as to why people found art therapy useful. I see how art reaches into the hard to reach areas.”

Catherina's patients this year have entered the Lundbeck Art against Stigma

Awards and the International Mental Health Day Art Therapy Award titled, Mental Health My Story.

She adds, “The challenge is early intervention. The sooner we can support people the better as it helps to reduce the stigma and the labelling. These are myths that I think need to be challenged. Everyone struggles to cope with different aspects of their lives at different times.”

For Catherina, there can be drawbacks to working in the field as there can be a feeling of professional isolation and a lack of understanding or lack of clarity to what she does. But she feels she is well supported by St Loman's Mental Health Service, based at Tallaght Hospital.

#### A NEW HOME

The Outside In gallery space was given to Brent free of charge for several months on a trial basis, but now time is now running out and he is looking for a new house to home the burgeoning art work on show.

Sarah Murphy is a Communications Executive for Dublin Mid Leinster.