



Get on board for World Mental Health Day 10 October 2014.

SOME of the busiest train stations in Renfrewshire and Inverclyde are set to be transformed into art galleries exploring mental health.

The Art Trail by Rail exhibition will see five stations between Paisley and Port Glasgow display the work of artists who have lived experience of mental health problems, as part of this year's Scottish Mental Health Arts and Film Festival [SMHAFF].

The exhibition will go on display with a launch event on World Mental Health Day [FRI].

Passengers boarding the 9.24am from Paisley Gilmour Street will be welcomed by Radio Clyde's Gina McKie, along with singers, musicians and artists for a journey through art and mental health.

Host McKie will be joined on the train by Rockus Community Choir and Paisley drumming group The Buddy Beat.

At the end of the tour art lovers and commuters will be met by the Wider Opportunities for Older People – Inverclyde Choir, who will perform on the platform at Port Glasgow.

Over 100,000 passengers will get to see the powerful displays which use imagery to challenge the stigma associated with mental health.

The artwork, which will be on display until the end of October, has been created around this year's SMHAFF theme of 'Power'.

Judith Robertson, the director of anti-stigma programme See Me, who helped to fund the project through their local grants scheme, said: "We want to end mental health stigma and discrimination.

"To do this we are creating a movement which encourages people, groups and organisations to challenge the issue at its roots.

"We are delighted to support the Art Trail by Rail and have the artists and organisers join the movement by taking this action to help challenge stigma.

"The powerful artwork on this trail explores the mental health recovery of the artists themselves. The nature of the pieces challenges discrimination in a very busy public setting."

Heather Collins, who manages 68 ScotRail stations - including those involved in the Art Trail, said: "ScotRail is proud to support World Mental Health Day for the third year in a row.

"Our previous two exhibitions at Paisley Gilmour Street in 2013 were so well received that we were keen to include another four stations this year.

"Events like this encourage more open discussion about mental health and we're happy to play our part in supporting such a positive cause."

Jeanette Allan, Lead Occupational Therapist for mental health in Renfrewshire, who also co-ordinates the Renfrewshire strand of the national festival is enthusiastic about the project.

She said: "Creativity and the arts make a significant contribution to people's mental health recovery and all the artists have actively engaged in exploring the issues of discrimination and empowerment."

Gilmour St Station Exhibition original art work and posters is presented by: The Creative Opportunities Course at West College Scotland. Paisley St James' Exhibition Poster Series is presented by The Dykebar Hospital Creative Recovery Group. Bishopton Exhibition of powerful scenarios is presented by The Phoenix Art Group. Langbank Exhibition Textile Art Work images is presented by the Charleston Centre art group. Port Glasgow Exhibition of powerful portraits is presented by Projectability.

People can share their views on Twitter via #platformforchange

Photo call 9am Platform 3 Gilmour St Station

 **#platformforchange**

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