

TO LIVE LIFE TO THE FULL
MENTAL HEALTH IN AUSTRALIA TODAY
SOCIAL JUSTICE STATEMENT 2020-21



Stage 3 Entries



My artwork **represents life** and mostly creation; because of all the creatures and the kids/ friends they have lots of meanings. The koala means the grey that **many people hide**, or in other words the **darkness or selfishness**.

The squirrel represents the **dignity** and light in people that most of us do not tell but show.

The boy and the girl represent all humans that need a **chance to stand out**, but do not get a **chance to speak** or have an idea on something very important.

The image of the background represents a graveyard and how much colour is in the smallest things when you do not expect it. The whole image represents **how life works** and that **there is always going to be colour**.

The termites mean the different territories that we all live in and **support each other** no matter what.

Buster F-K St. Therese's Primary School

True Colour





My artwork is about a man's body **fading away** but then he went **back to God**.

On the man's shirt it says **stay close to God** and its about him getting his **soul and mental health back in place**.

The dark blue and black spots are about **the sad things that happened in life**.

His **face is fading away** because his good memories and funny moments are fading, he also feels like his **friends are leaving him**.

He feels really **depressed and anxious** so he just wants to stay inside and have **no social life**.



Stay

Close

to God



I have used the colours grey and dark blue to **represent the darkness side** and light blue, yellow, orange and peach to **represent the light side** I used these colours because it really tells my story.

My story is when there was darkness in the sky and everyone sick with illness or just sad, **Jesus will bring the light** to show you that he is **always with you**, and he will heal you.

In my artwork I also drew Jesus' hand to represent Jesus is **praying for them all the time**.

Miami Boudan St Columban's Primary School





I painted an eye in **darkness**.

I used acrylic paint and metallic water colour paint to give it different textures. I put light blue swirls in the pupil that if you look close enough, it could form a shape or picture.

It depends on how you **see it**. My art is based on mental health. I blended the colours to make it more realistic.

Alya Young St Columban's Primary School





The red paint represents **love**. I wanted people to know that God loves you. The yellow paint was chosen because it symbolizes **respect**.

We need to **respect** people with mental ill-health.

The circle is light like a flame on a candle. This reminds us Jesus came down to **save us** all.

The text chosen means God is there to **help us** and wise words always make us **feel better**. The graffiti chosen tells people that Christ is **always there for you**.



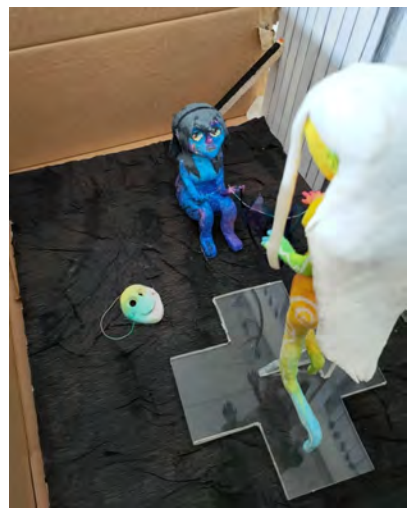
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ch needs most today is the
the hearts of the fa
ands

n Christ who gives me strength," Phil
aggett us." Romans 8:31



The clay sculptures are **fragile** which is a connection to mental health seeing as the **stability** of one's mental health can also be fragile.

The pitch black ocean underneath my clay represents the void/ocean of **depression** the corrupted girl was once drowning in. Spiked jail bars in the back of my piece to represent how the girl had **imprisoned** herself and her **mindset**.

These bars however, morphed into gates which have an opened lock on them, representing how she had a realisation that there was **more to life**, opening the doorway to a **new path** in her **life journey** (hence the path and sign beyond the gates).

The colourful mask which was ripped off represents how the **corrupted soul** hid under it, giving the impression that she was **happy and ok when she was in pain**. I have positioned the corrupted soul so that it looks like she had previously been crying and is now looking up towards the **lifted spirit with optimism**.

To contrast, the lifted spirit is levitating looking down upon the **sad soul** beneath her, **giving hope** and relieving **disbelief and despair** (aka the floating aura between them).

The **positive spirit is guiding** the negative spirit into a **new way of life** without constant tears and pain.

Zoe L St. Therese's Primary School
Aura





I used colours pink, purple and white to **express the feelings** of the way I feel when I'm painting.

I put these purple clouds with words of my **feelings** and the white streams just represent the **calming** feeling the little bits of gold represent the **excited** feeling.

Malina Pruteanu St Columban's Primary School



Joy!

happines

Love
♥

Peace

Love

Spiritual

Praxis +

Love

well-being

Love

Love

Health

Love

date 1/5



My artwork represents my family, and my family is what makes me **happy and positive**.

There are 8 different pieces of the main jewel, which looks like a diamond. Each of the 8 parts is a person in my family.

Myself, Luca my brother, Leala my sister, my Mum, my dad, Kaz, my Dad's girlfriend, Deago, my stepbrother and Jamie, my stepbrother.

The 8 pieces in the Dimond like my family are **connected** and all parts **work together**.

Athena W St. Therese's Primary School
Diamond





My art piece is called Mindsets and it has a background story of a girl that was bullied through **online bullying and verbal bullying**.

On one side/the darker side is **insults** and things people have said about her and on the lighter side is **nicer things** people have said about her.

Laura M St. Therese's Primary School
Mindsets



STUPID

DUMB

funny

Nice

caring

Haha! ♡



In the middle of my piece, in the **middle of the darkness**, is a warm ray of sun light and a purple flower.

The flower represents **new life**. It has just bloomed.

Despite the **difficult circumstances** all around it, it is **still alive**. It is surviving. It never gives up.

It is wonderful, and it shows us the treasure is in our **perseverance**. Trying hard results in amazing things.

In this work I painted a flower because they try so hard to grow and live, even in difficult situations. I used a lot of black and grey and not a lot of light colours because the darkness represents **challenges, set-backs, struggles, and hardship**.

Ben L St. Therese's Primary School

Never Give Up





Life can be different for different people. Some people might see it as a **beautiful magical place**, while others see it as a black, **depressing pool of darkness**, and that is why I created this artwork.

My artwork is based upon Japanese culture, I included the traditional bridges and cherry blossom trees, which I have located in the top left and right.

The cherry blossoms in my artwork resemble growing through that **stage of anxiety and stress**, not letting any **struggles distract you** from what is more important.

My story around the bridge resembles a **bridge to happiness**, **walking away from pressure, tension, and worry**. If you go for a walk on a bridge, it is a sense of calm, just like I want my bridge to be. This is my take on how to “**live life to the full**”.

Quinn T St. Therese's Primary School

When Cherries Blossom





Marni B St. Therese's Primary School
Powerful Dress

This brings her **happiness**. The things that make her **joyful**, I put on the dress. The tree in this is the biggest object because it represents the most, life, nature, and fun things, like climbing, and people attaching swings to it.

Beside the girl is a chest, locking up **bad emotions** as she does not want it. On the outside, no colours are put in as it represents **sadness**.

If you look closely some symbols make the word "family." Lastly, the poem helps explain what she is going through.

My painting is about a girl who is twelve years old, in depression. She found that something simple, can bring many things to make her happy.

As I have painted on my canvas, I did the girl holding onto bars with bricks around it, fading out as she is only imagining it. Her red dress is swaying in the wind from the window with bars. I chose red because this represents power and **passion**.

My Life is boring, it feels like I am locked up in jail.
But after twelve years of thinking that every movement
I sound that there is so much more to do than looking
Looking on the bright side brings more joy to me
Once I had found this out, my face lit up with glee
Something simple, like trying on a new dress.

Makes me
and there
before,
like I
by a
but,
Do as
things
Can
as
you
only
have one
Life!

Feel so grateful
is so much less
everything
got stabbed
knife
now I realize
many
as you

I do would be a girl
be had a girl





This artwork is made from a collage of many different colours and patterns that remind me of different emotions that people in our world have today. One side is light (left), one side is dark (right) and I have put colours that remind me of both emotions in the middle, because not everyone is always happy or sad.

At school we learn to be like Jesus to our friends. We should never leave anyone out whether we are at school or at home. When we notice if someone is not themselves, we should pray for them. I have put many wooden crosses on my collage all over because Jesus is in our light times, our dark times, and even our times when we feel both or do not know how we feel. No matter what we feel, Jesus cares about us.

Sienna Movigliatti St. John's Lambton Primary School
Emotions



you & me

am I loved?

I feel alone

will be your friend

am I alone?

no one wants to be my friend

I'm here for you!

LOVE YOU

are you my friend?

No one loves me

you

☺

☺

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Arley T St. Therese's Primary School
Shredding Fear

My artwork is two connected pieces of a mountain scene. The snowboarder at the bottom of the mountain is looking up, concerned that he will never have the **courage** to snowboard down the tall, scary mountain.

The snowboarder at the bottom of the mountain is looking up, concerned that he will never have the courage to snowboard down the tall, scary mountain. His head is full of **doubt and worry**. The second piece shows the snowboarder shredding down the highest peak.

He has **overcome his fear** and **feels proud and free, believing he CAN do it!** Shredding Fear highlights that it is good to try new things, to always believe in yourself and to face hardship or doubt head on because **YOU** can do whatever you put your mind to or dream of.

To face your fears is sometimes **challenging**, but it is never impossible, so get out there and start shredding!





In this artwork there are three main characters. The two characters on the side represent **community helping** the main character in the middle of the artwork to **get through** mental illness.

I wanted the artwork to represent the phrase “**don’t let your fear’s control your life**’. In the artwork there is a chest that’s been locked. The chest represents locking away your fears and not letting them control you.

The two characters on the side are helping to keep the fears at bay and not letting them get on top of the main character. The background is yellow, yellow represents **optimism, energy, happiness, and friendship** which will help overcome mental illness.

The characters represent all of us in society, we all have our **fears, doubts** and times when we do not feel happy. It is in these time that it is important to have **family and friends helping us**.

Jack L St. Therese’s Primary School

Progression





I got my inspiration by an American Rapper Juice WRLD and I'm a big fan of him, and he had unfortunately died at the age of 21 in 2019. He was an ordinary kid in his early ages, he found his way to **love** music.

He had one thing I love him for is 999, it means whatever bad situation whatever **struggle** you're going through that makes your **dreams** hard to reach, just chip away at it until you finally achieve it''

My artwork is a tribute to him, I'm really **happy** about the way it turned out the way it is.

Knox M St. Therese's Primary School
Follow Your Dreams



When you go
through a struggle
or a bad situation
which is stopping
you from reaching
your goal, just
chip away at it
until you reach
it.



At first to the eye my artwork can appear to be outright basic. Nothing too remarkable. Look a little closer, read between the lines. My artwork symbolizes mental health, but distinctly **depression**.

This artwork can also link between other illnesses, such as eating disorders, trauma disorders etc. Everything from the painting, sketching and details **took time**, just as **recovering** from any mental illness will.

My painting consists of four pot plant stages. The first stage of the plant resembles newly bought, **not blossomed**. The second phase has not been cared in the right manner.

The third stage has seen the **light of day**. The fourth has been **restored** back to the **beauty of life**. The lavender flowers and yellow background contribute to the **happiness and faith of life**.

Vibrant words and details surrounding the revived pot, all to **help and nourish** them to a better lifestyle.

Sarah R St. Therese's Primary School
Nourishment





She tried and she **failed**. She practised, but she continued to fall. She knew she could do it, and in the end she did it. But not without decent, from being **confident, proudful** and **elevated** to feeling **sorrowful, depressed, and unhappy**. She slipped and stumbled and kept falling deeper and further.

The light was vast, and the surroundings were dark. Creatures emerged and long ropes that slithered and twisted started to wrap all over. More shot up and grabbed her body. Space became scarce, and the object wrapped her tight. Her legs felt numb for the freezing cold and the twisting shapes, as she is pulled deeper by her **depression**.

The light flowing summer dress started to absorb the water around her and her garment felt weighted and heavy, just like her large and hefty **self-doubt** and **thoughts**. But what she didn't know and has **neglected**, was that her family was **helping her; supporting**, and trying to **lift** her up like a **strong** anchor.

Gabe W St. Therese's Primary School
Ocean of Thoughts





I chose the colours to express the feeling of **happiness** and **sadness**. I put some words on it like Mental health begins with me, faithful, I can do everything through Christ who gives me **strength, gift and talent, praise, wellbeing, and spiritual**.



Luck

Bliss

Health

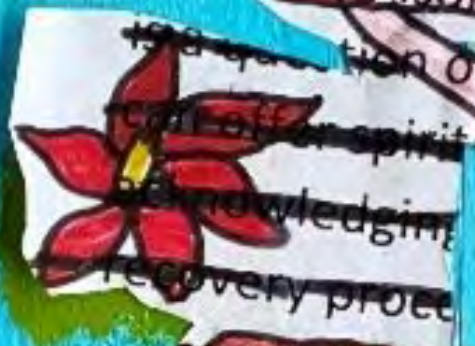
Love

Joy

Success

Peace

yeay



god

Isolation is

isolated

health

challenges

spiritual comfort through our

prayerful

mental

health challenges, their families and support

gifts and talents of

spiritual

the hearts of the

faithful

strength



My artwork focuses on mental health I chose the colours pink, red, yellow, silver and the background is blue, purple and pink.

The blue is for the **sad** people with mental health problems and the top half is for **happy** colours and the happy parts of mental health.

I hope people look at my artwork and learn that mental health is not all **bad** we have **good** mental health and mental ill- health.

Hannah Clarke St Columban's Primary School





My artwork was an **humongous** mountain and **smaller** mountains on the side of it, with someone skiing down of it.

In the big mountain it has colours including dark blue dark green light blue and light green going up as you are **succeeding**, but then it goes darker including grey dark grey and black colours as you're going downhill.

don't stop!

stop!

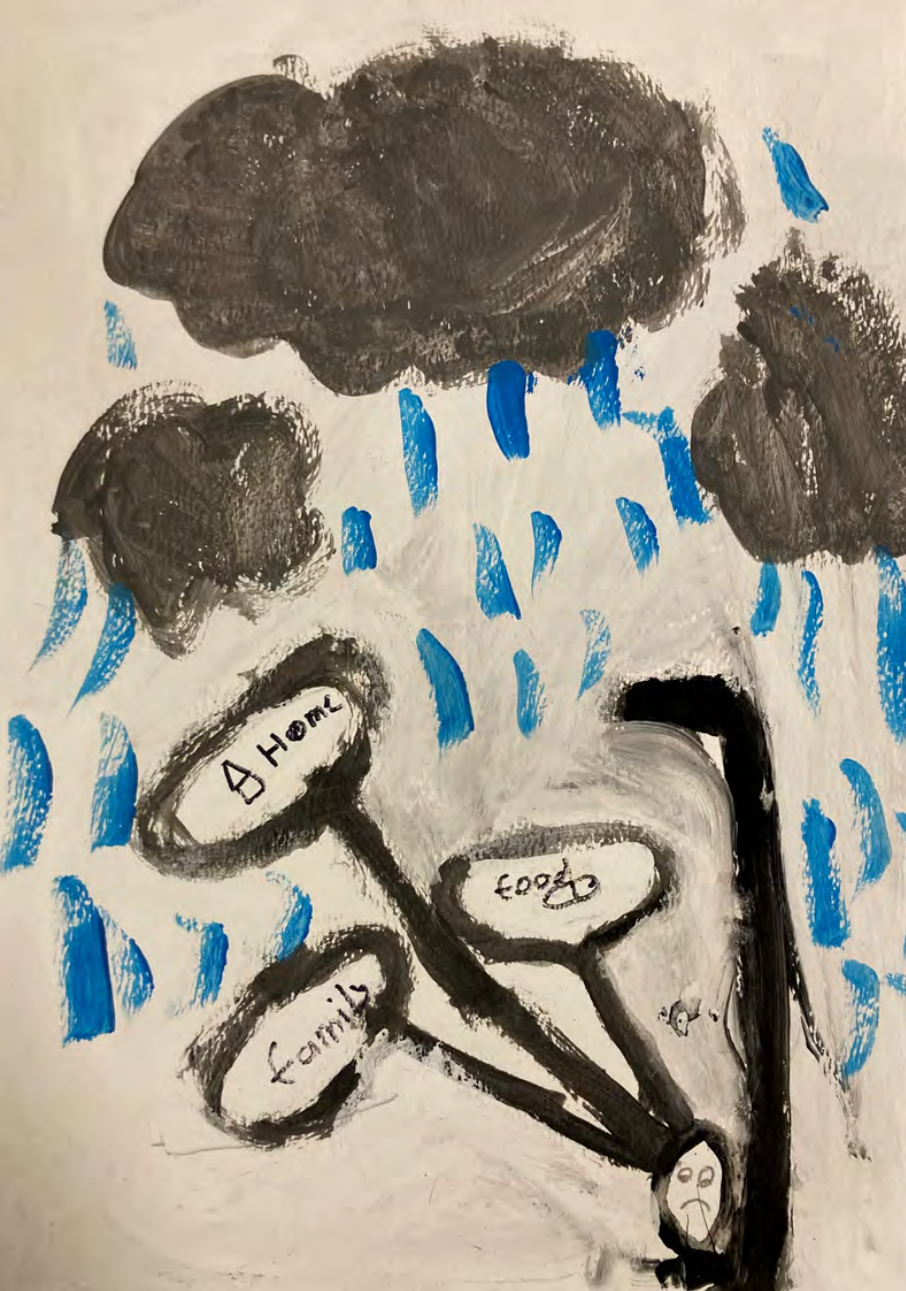
what's happening!

keep going!

what?

stop!

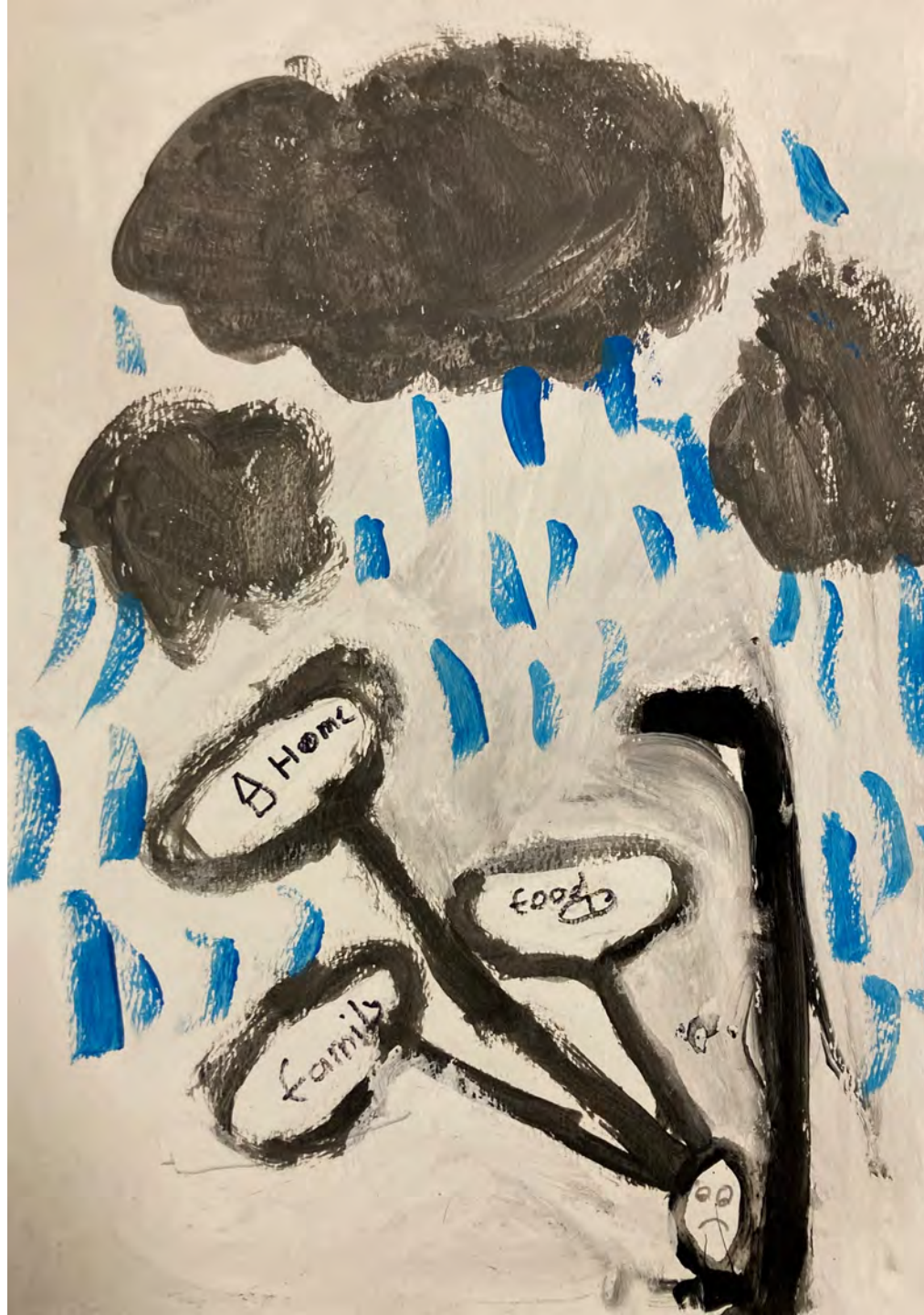




My artwork theme is mental health, the person lying down on a bus stop pole. The person is **miserable, lonely, hungry** and really wants a home. You can see that there are grey clouds and light blue rain drops, and a white mixed with light grey background. I used rain to symbolise **sadness**.

My artwork is about the voices in your head and the people around you. Its about **bullies and insecurities**. Its like an imaginary audience when some people think that everyone around them is **judging and gossiping** about them.

When you are the “quiet kid” you do not have many friends and when everyone has at least one person around them it makes **secure**. Not all mental health is a bad thing, everyone has mental health and sometimes it can be good!





In my work I have shown that God's creation is what **brings life** to all.

The warm colours represent God and his creation, The dark /cold colours represent the **evil** or what it would have been if God didn't make the sun or Jesus or the world.

I drew Jesus in the middle to represent **life** and God's creation. The light in the middle represents the sun.

Emma Devine St Columban's Primary School

Jesus





Milla Calen St Columban's Primary School

no one will ever
love you

who's that?

Ugly!



freak!

You
deserve don't

anything



ew!

if you disappeared
no one would
notice



You
get
help



Ruby Halverson

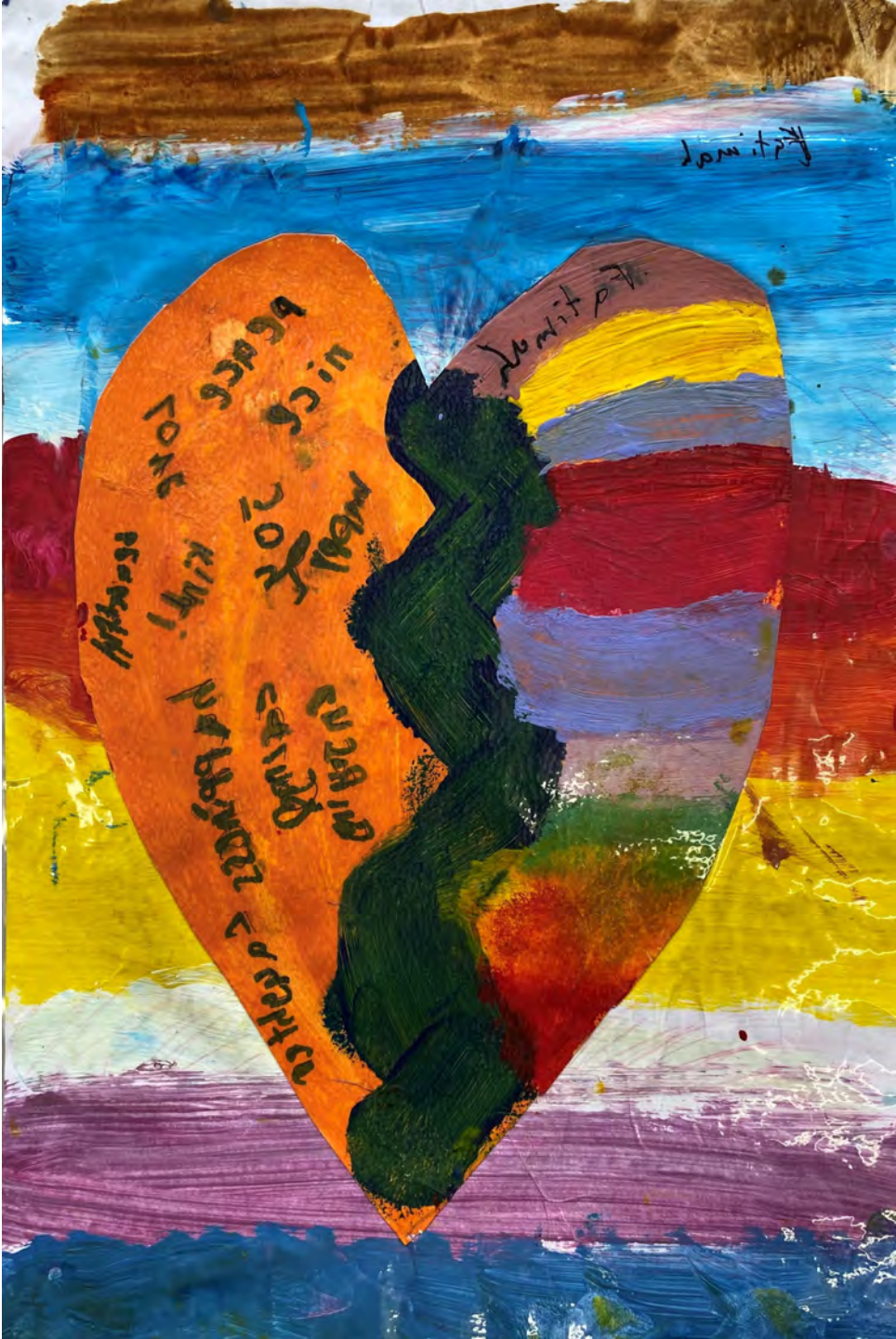
St Columban's Primary School



Ezekiel Sausadai St Columban's Primary School



Hayden Roberts
St Columban's Primary School



Fatimah Alsahlani St Columban's Primary School

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Stage 4



The colours show the emotions I feel with and without the people that I love.

Blue and darker versions of the colours reminded me of how without people here to talk to, and to love me, while the bright colours show how **happy** and **nurtured** I feel with people who **appreciate** me.

Debbie Peo-Chellaiah San Clemente High School
The Rainbow Watercolours



My artwork explores the world of a teenager and how their mental health can **impact** them.

This image shows the eye of a young girl, who experiences conditions like **depression** and **anxiety** due to her feelings of **loneliness** and **boredom**.

In this artwork, which is about a teenagers' personal experiences, the images surrounding the eye may bring feelings of **joy** and **happiness**, but remain unreachable and only seen through the eye.

I want people to understand how young people often visualize **happiness**, but sometimes they can't feel it due to reasons that are **out of their control**.

Sajedah Ebrahimi San Clemente High School

The Mind's Eye





I took this photo because I feel this represents the importance of **friends** and **family**. As you can see in this photo of my best friend, being around her friends puts an enormous smile on her face.

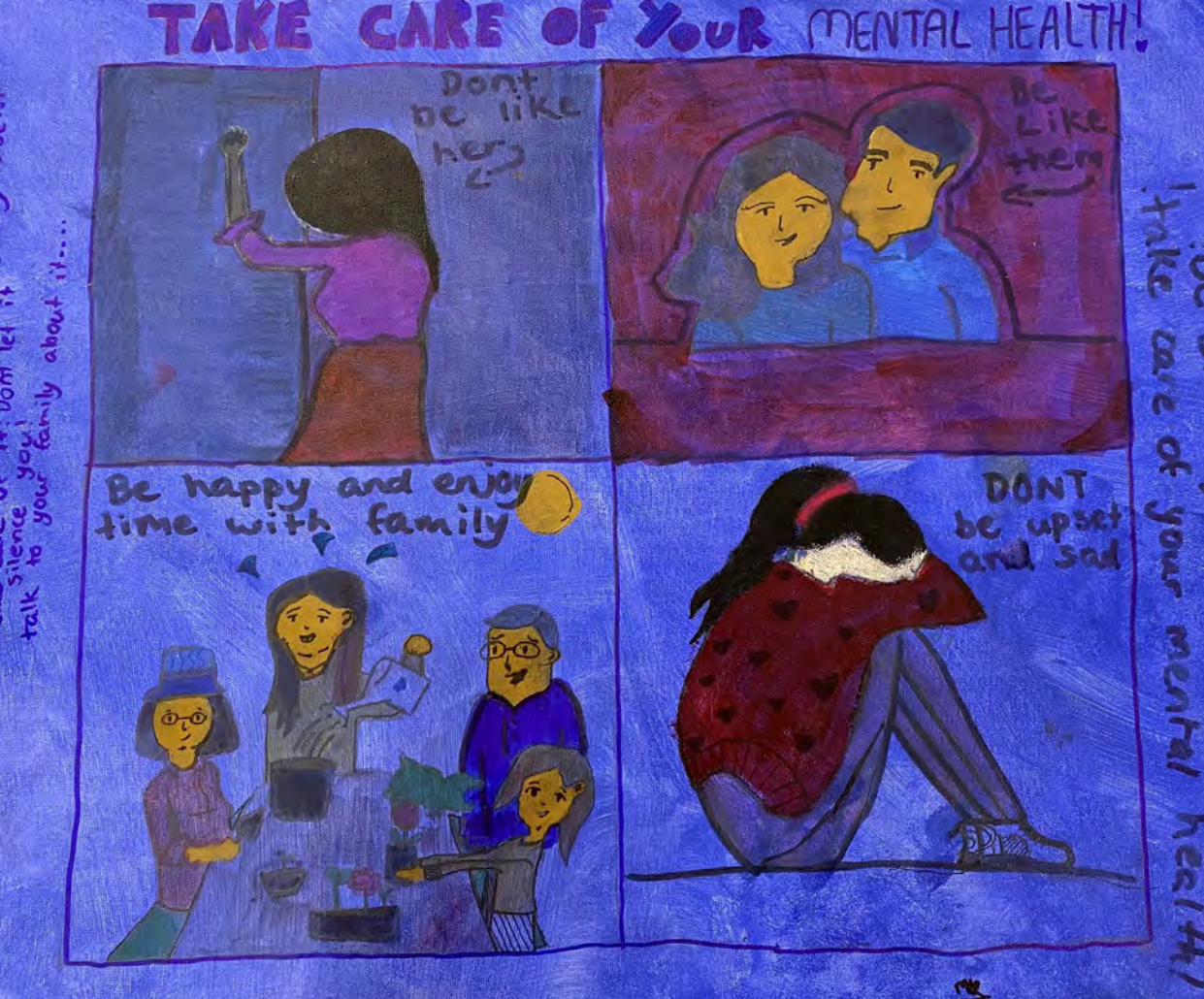
Sadly, she has recently lost her baby cousin and she has been **devastated** by this. I really didn't know how to tell her I am here for her.

When I was scrolling through my camera roll and saw this photo, it made me realize that that sometimes just being **there for each other** can have a **huge impact** on the **way we feel**.

I won't be able to take away her loss, but I think by being there for your friends, you can **help** your friends in **difficult times**.

Ruby Forde San Clemente High School
Friendship





My work talks about why we **shouldn't let mental health silence us** and how we should maybe **talk about it** with someone. I tried to just let my hand draw and paint what it thinks mental health is.

My work shows how important our health is and that we should **take care of ourselves**.

The drawings on each of the medium sized boxes I made each showed either someone taking care of their health and having **fun** with family or someone who's **depressed** and their mental health is **silencing** them from a **happy life**.

I tried to show how we shouldn't be like the upset ones and more like the **happy** ones and I think it also shows that if we don't try to take care of, it can lead to **depression** and other bad things.

Malavika Kisho San Clemente High School
Take Care

TAKE CARE OF YOUR MENTAL HEALTH!



silence you! don't let it talk to your family about it...



take care of your mental health!



This photo is about how if we connect with nature, it can **help** us be more **connected** with our world and what's going on in our environment.

Taking **time away** from technology and spending more time outside in the **real world** can **improve your wellbeing**.

If you unplug from your phone and take time away from all the **pressures** of social media, then it makes you feel **happier** and helps you **stop overthinking**.

This photo shows the connection of person to nature and how it can **connect us** and improve our mental health.

Jodie Williams San Clemente High School

Real World





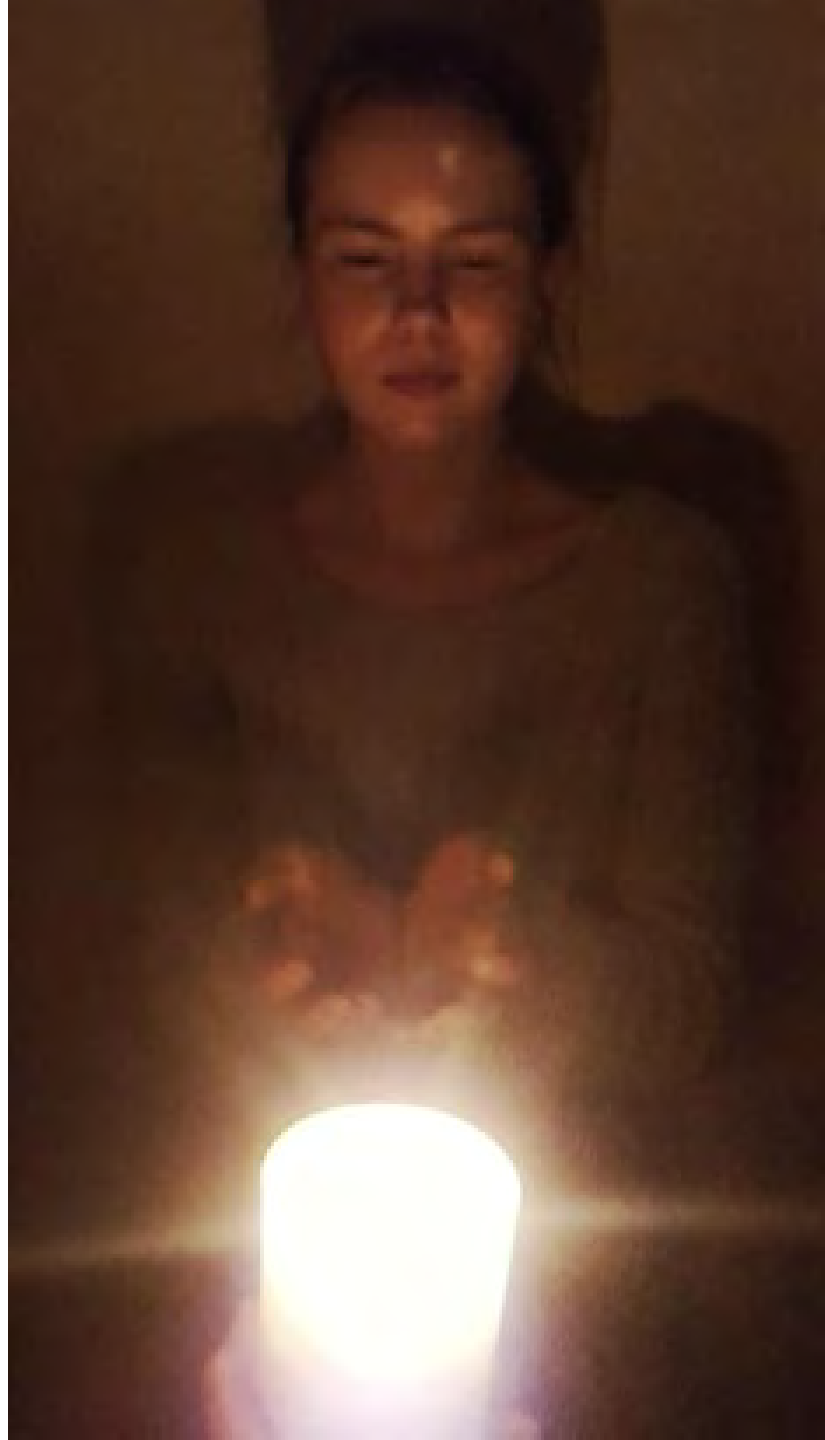
This photo is about how we need to connect with the people around us and **help build them up.**

The light symbolizes **hope** being given to someone in the dark.

By having these connections with others and talking to the people that care about you it can make you **feel appreciated**, and they can help you **sort out problems.**

Jodie Williams San Clemente High School

Giving Hope





This photo is about how people can easily **appear happy** but really on the inside they are **struggling with battles** that are **tearing them apart**.

You walk past people everyday who seem **happy** but could actually be going through a **really hard time**.

One way to make it through times like these is **connect with your surroundings and take time to think about things**.

Jodie Williams San Clemente High School

Two Sides





My portrait 'Deep Thoughts' uses facial expression to highlight issues of mental health.

This figure is **alone, forlorn and isolated.**

I enjoy the **freedom** involved with the use of charcoal and have used its **rawness** to express the **trauma** involved with mental health.

In order to capture this expression, I worked quickly to cut back into the charcoal with an eraser. It was like I was **cutting through deep layers of thoughts.**

Henry Barnette St. Mary's Catholic College

Deep Thoughts



Fragmentation is a self portrait broken into two parts. The realistic lead pencil drawing and text show me as **happy, motivated and organised**.

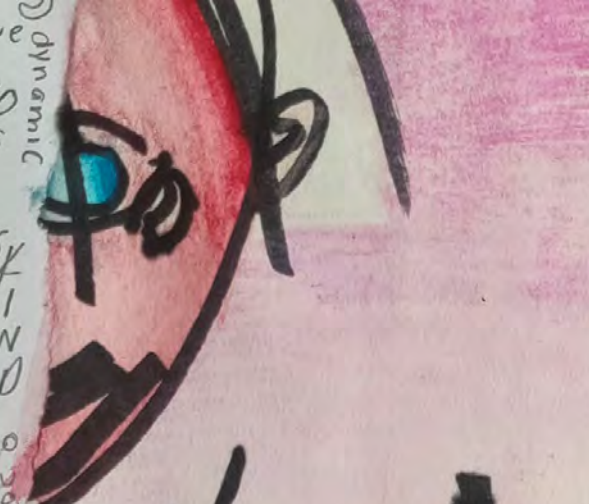
In contrast to this, however, is the side that people can't see.... Deep down, I feel **fragmented, disjointed** and sometimes this doesn't make sense.

The blind contour drawings and watercolour pencils show how these **feelings are always under the surface, happiness is not always as it appears**.

However, my own happiness is reliant on my **friendships and my family**. They are **the bonds which hold these fragments together**.

Ava Ryan St. Mary's Catholic College
Fragmentation

positive dynamic
KIND vigorous
graciously
KNOWLEDGABLE
Happy
loving effective
powerful
+ joyful
+ spirited
+ polite
+ welcoming
+ friendly
+ bubbly
+ happy
+ powerful
industrious
contented
brave
sweet
peaceful
Joyful
caring
Bubbly
funny
kind





Inside My Head is a self portrait. It explores the **complex layers** of mental health by addressing both my outside appearances and inside thoughts.

Whilst I **may appear calm**, inside it is often a different story. The patterns in the artwork represent these thoughts, **random, crazy, energetic, dark, complex, and emotional.**

We are all human, we are travelling on a journey, and we all **need support along the way.**

Yanisse Manga Molo St. Mary's Catholic College
Inside my Head



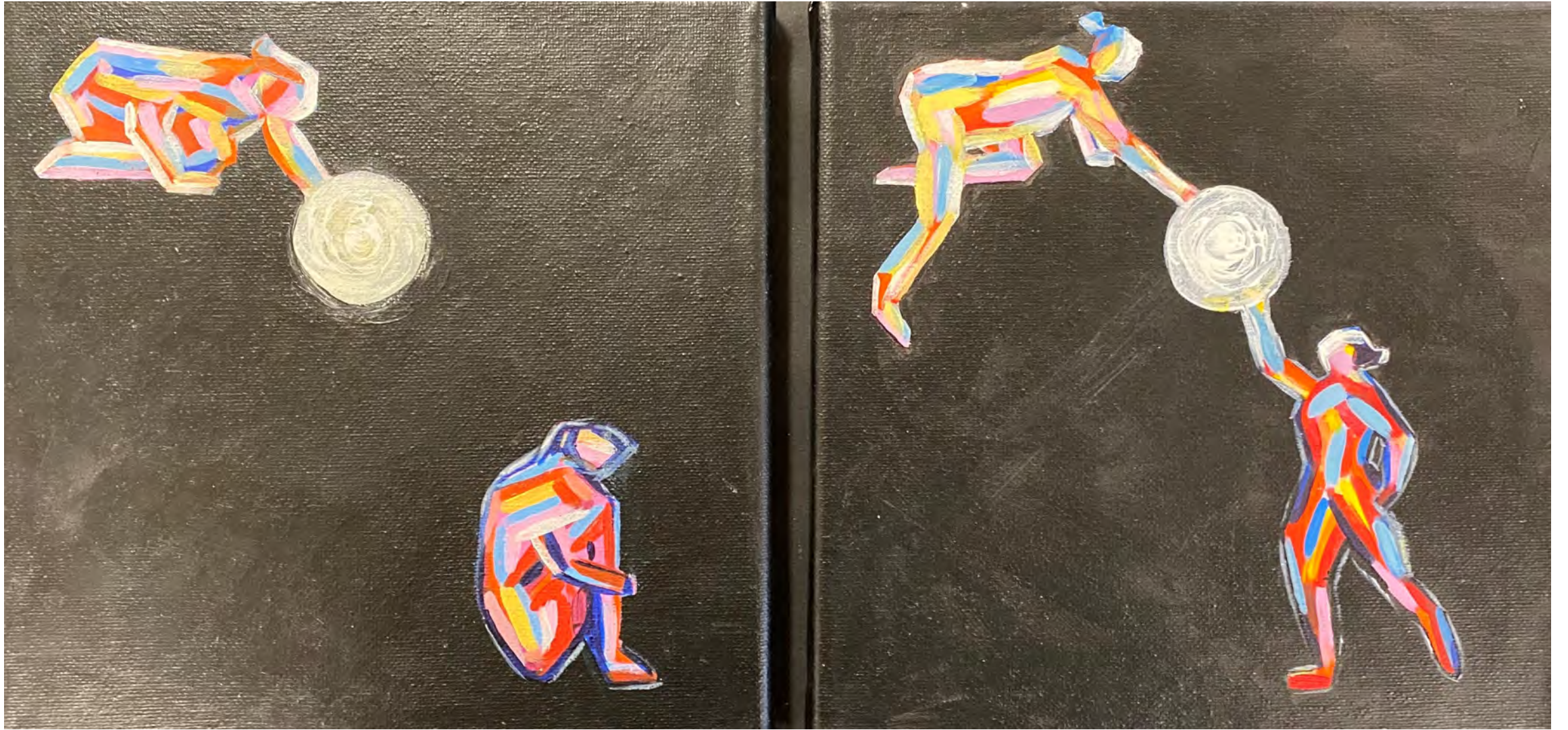


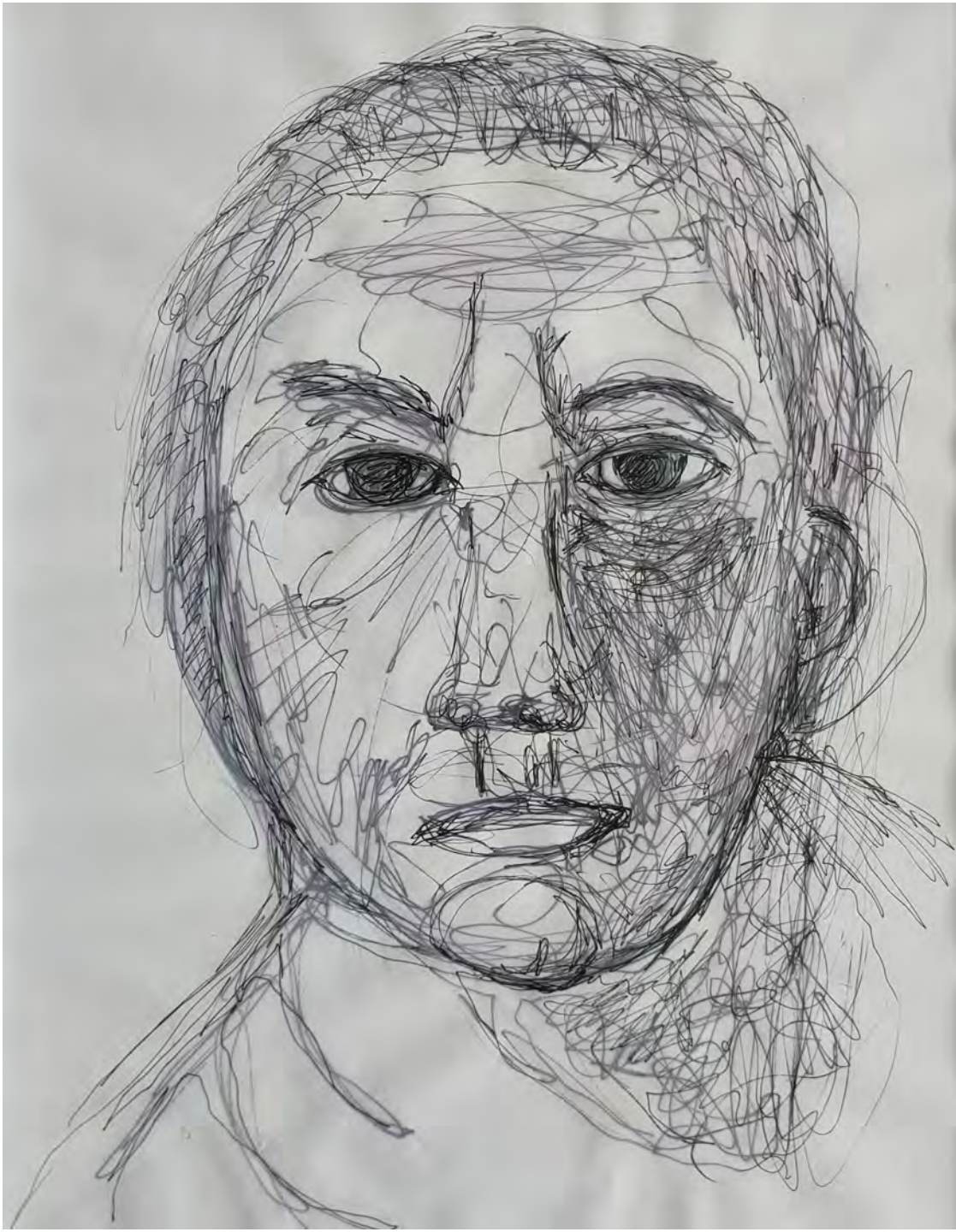
This painting is about **outside help**. It's about how when going through **hard times** and **struggle**, instead of shutting everyone out and doing things by yourself, let other people help you.

When facing **difficulties**, **build relationships** with people instead of ignoring them. Letting others **help** you and be in your life, won't magically and immediately solve all your problems, but a little goes a long way.

The glowing ball in the painting **represents 'hope'**, or the **support others can give us**. The painting also represents giving a **helping hand**. It's about seeing someone struggle and trying to help even just a little bit.

Zoe Becks San Clemente High School
Outside Help





Dylan Dunkley St. Mary's Catholic College
Darkness

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Stage 5 Entries



‘Perfectionism Isn’t Plain’ explores my own mental health **struggle of perfectionism** and how it is not the image most people connect it with.

When most people think of ‘perfect work’, they see a standard of crisp lines of text, neat and precise. However, why should ‘perfect’ be demeaned to being only black and white? Instead, I make my own ‘perfect’ standard individualistic. Vibrant colours, unique patterns linked with my interests.

The glasses represent **how I only see the world** for study when I am in my most flustered states. The Japanese flag is linked to the subject in school that I was ‘perfect’ in.

The Queen emblem represents my favourite music that is forever in my mind juxtaposed with the bustling patterns which represent the nature of how I think. I feel an affinity with artistic practice of Martin Sharp who was also a perfectionist.

Audrey Mayzen St. Mary’s Catholic College

Perfectionism Isn’t Plain





Mental illnesses are often **misinterpreted**, they are not always a bad thing. I have grown up around so many different mental issues and I suffer from a few myself, as such I've witnessed their dark side that is so often advertised, but I have also seen the **new perspective** that mental issues can grant.

This work is meant to display the true nature of mental illness, **both sides, its dark and broken, along with its light and hidden**. A simple concept, but I feel it conveys how this is so often viewed.

Outside perspectives see an imperfect frame and broken glass, tied down by this '**problem**', very few can look into the mirror and see what many mental illnesses truly are; another part of the person, as much a part of them, as say, an arm would be to anyone else.

As people, we cannot know happiness without hardship.

Danica Manderson St Joseph's College Lochinvar

Shattered Perspectives



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Adult Entries



Gazing from my balcony I see Blackbutt Reserve and Sugarloaf Mountain

--to the right is the Newcastle Interchange and the Hunter Harbour

--to the left is Merewether Beach and 2 or 3 ships waiting to enter the harbour.

Directly below me I overlook "The Crossroads" – the very busy intersection of

Stewart Avenue leading to Sydney and King Street to our city centre.

We are all at the **CROSSROADS** of our life where there is a need for **SOCIAL JUSTICE**

--a need to **care** for our **First Nation People - our Aborigines**

--a need to **care** for our **Aged and Sick**

--a need to **care** for those with a **Disability**

--a need to **care** for our **Refugees. We are all at the CROSSROADS NOW!**

Des Holz Inner City Newcastle Parish
Crossroads

SOCIAL

JUSTICE



AVENUE



KING



STREET

Refugees



STEWART



SOCIAL

JUSTICE

GE



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Congratulations to all artists!
