

For Immediate Release

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Contact: Myken Pullins 614.225.0980 or pullinsm@southeastinc.com

The Light Within

A group exhibition shining light on Mental Health Month

Columbus, Ohio – (43215) Fresh A.I.R. Gallery cordially invites you to *The Light Within*, a special group exhibition featuring the artwork of Shae Brooks, ChelC, Dennis Howland, Meadow Center Marston, and Elaine Russell. Please join us for an opening reception Wednesday, May 4, 2016 from 5:30 p.m. to 7:00 p.m. The Light Within will be on view at the Fresh A.I.R. Gallery from May 4 through June 3, 2016.

Fresh A.I.R. Gallery is exhibiting The Light Within in observance of Mental Health Month. As part of this groundbreaking movement, every May, the National Alliance on Mental Illness (NAMI) and participants across the nation collaborate to increase awareness about mental health. The goals of Mental Health Month include fighting stigma, providing support, educating the public, and advocating for equal care. The movement grows stronger every year.

Raising awareness on your own, as part of a small group, or as part of your community can make a difference. Learn about what it means to live with a mental illness. Fight misconceptions and stereotypes. Be there for friends, family, and others in need. Teach others about the most effective treatment solutions. In doing so, you'll help break down obstacles and improve the chance of recovery for the millions of Americans living with mental illness.

Important Mental Health Statistics (source: NAMI.org):

- 43.8 million adults experience mental illness in a given year.
- 1 in 5 Americans will be affected by a mental health condition in their lifetime.

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- Approximately 10.2 million adults have co-occurring mental health and addiction disorders.
- Approximately 26% of homeless adults staying in shelters live with mental illness.
- Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.

Fresh A.I.R. Gallery met a milestone in 2014 by celebrating 10 years as a nonprofit art gallery with a mission to exhibit the works of individuals affected by mental illness and/or substance use disorders. Our mission is through art, we educate the community and work to break down the stigma of mental illness and/or substance use disorders by bringing focus to the artistic vision. Since opening our gallery doors in September 2004, Fresh A.I.R. Gallery has shown 60 exhibitions, displaying the artwork of over 200 artists, sold more than 250 pieces of artwork totaling over \$60,000. Many exhibits demonstrate the courage and struggles of the artists as they combat stigma and address social issues.

Fresh A.I.R. Gallery (Artists in Recovery) is a project of Southeast Inc., Healthcare, a comprehensive provider of mental health, chemical dependency, physical healthcare and homeless services that has been serving Columbus since 1978 and six surrounding counties. Fresh A.I.R. Gallery is located downtown at 131 N. High Street Columbus, Ohio. Our hours are Monday - Friday 8:00 am - 5:30 pm. Fresh A.I.R. Gallery's hotline is 614-744-8110. Visit our website at Fresh A.I.R. Gallery.

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