

(In)visible Exhibition - Press Release

Taking place at London's Espacio Gallery between 9 - 14 October, to coincide with World Mental Health Day on 10 October, (In)visible will see the coming together of a group of international, emerging and accomplished artists who express life's difficulties through artwork created as and for self-expression, communication and therapeutic release.

Themes explored include those often thought of as taboo such as mental illness, addiction and suicide. Potential causes and triggers are investigated and covered in work about grief, abuse, domestic violence, LGBT issues and family breakdown. Artists have also expressed difficulties around long-term chronic pain, physical illness and disability including fibromyalgia, HIV and sight loss, as well as neurodiverse conditions including ADHD, autism and Tourette's Syndrome.

With work disciplines including photography, video, painting, sculpture, interactive and performance art, (In)visible aims to be a visually stimulating, engaging and thought-provoking event that ignites discussion, tackles stigmas and unites artist and audience.

The exhibition is curated by Amy Oliver and Jenni Bea who were brought together via Instagram and share similar work themes and motivations. Both use art as therapy for their own mental health conditions, as well as chronic pain and negative life experiences.

The exhibition is free to attend and most works will be on sale, including an additional print sale, with all proceeds going to the artists.

Espacio Gallery, 159 Bethnal Green Road, London E2 7DG

9 - 14 October 2018

Open daily 1 - 7pm (Sunday 1 - 5pm)

Evening drinks reception 11 October 6 - 9pm (inc performance from Laura Greenway)