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“HEADSPACE” NEW CREATIVE MAGAZINE TO PROMOTE POSITIVE MENTAL HEALTH

HeadSpace, an independent, not-for-profit writing and art magazine to be distributed for free to a psychiatric ward and school which caters to pupils with disability and/or mental health difficulties.

Dublin, 10 April 2013

HeadSpace is a writing and art magazine based around the theme of mental health. The magazine began with a group of young people who were dealing with mental health difficulties and found that although Ireland’s attitude to mental health has improved radically, a greater understanding of mental health in all its forms – from good health through to illness and recovery – is needed. In particular, people who spent time in psychiatric wards found that there was a lack of reading material there, and felt they would have gained a sense of solidarity and support to read and see the work of writers and artists who understood their own experiences, and who could from first hand speak of hope and recovery. There was also a lack of platform for people to communicate their experiences in times of poor mental health or after an improvement.

The name HeadSpace was motivated by the idea that in culture and society, we are not given the time or capacity to express, create and think as time is money, but all of us feel the need to buy some 'headspace' in order to maintain positive mental health.

HeadSpace features inspiring, deeply moving personal accounts of how love prevented a girl from self-harming, growing up next to a secure psychiatric hospital, helping a parent with depression and how a dog helped a woman pull herself out of depression. There are articles on how to make yourself more confident, the importance of mental health and how to cope when your mental health is not as strong as it sometimes is. The magazine also features a range of spectacular creative writing, with poems and short stories dealing with the panic, depression, and confusion that comes with mental health difficulties and diseases as well as stories of hope and recovery coming from unlikely places. Our pages are also packed full of evocative, thought-provoking art.

Issue One is to be launched on May 11 in Dublin and will be distributed for free to a psychiatric ward and a school catering to pupils with mental health difficulties. Copies will also be made available for general purpose, and any revenue generated by sales will be used to provide more free copies to hospitals, welfare offices and support centres for people undergoing mental health difficulties.

The magazine is entirely not-for-profit and was created by a group of volunteers. Costs have been met via crowdsourcing and fundraising events. Issue One is now available for advance orders online at <http://headspacemagazine.bigcartel.com/> for €5 including delivery. For more information please visit www.facebook.com/HeadSpaceForAll. To donate to this worthwhile project, and receive some fantastic perks in return, visit the HeadSpace Indiegogo campaign at <http://www.indiegogo.com/projects/headspace-magazine--3/x/2769728>.

HEADSPACE: Express and Create, Solidarity and Support
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