

Visible Fictions - About Project

With this project we hope to raise awareness about mental health, and break down stigmas, and just show people that anyone can be affected by it.

We've just been exploring different mental health issues, and trying to create a good bit of theatre from it.

Last year we worked with the Penumbra and Visible Fictions Group, and we did a project called "In ma heid, oot ma heid", and we worked to find out from a conference about what young people felt about mental health.

From this, we worked together to come up with an improvisation to show how young people felt to people who could actually make a difference in Scotland.

I think what's important about this process is that the kids have been working on mental health issues, but to get them to understand things, and realise that it's important to ask for help if they need it, and also just to be honest, and admit if they've experienced something like it, or know somebody that's experienced something like it.

And also we just like the sense of achievement - we've been able to put a show together in a limited amount of time, and it's been really good fun. Did you break it?