



1in4 Art Exhibition

Major art exhibition showcasing innovative and thought-provoking artwork created by people who have experience of mental health problems.

**Gallery 2, Salts Mill, Victoria Rd,
Saltaire, BD18 3LA**

Thursday 6 October – Monday 10 October

**Monday - Friday 10am - 5pm
Saturday - Sunday, 10am - 6pm**

The exhibition encourages people to talk about mental health, promotes wellness and positive mental health through art, in the run up to World Mental Health Day on 10 October. At the exhibition we are inviting people to take part in the Big Draw, creating artwork that represents what mental wellness means to you.

Digital artwork will also be featured by Roy Lilley, artist, health writer and broadcaster, and Terri Porrett, artist and health professional who will showcase powerful photographs inspired by mental health. Roy and Terri are from The Academy of NHS Fab Stuff.

About Bradford District Care NHS Foundation Trust

The Care Trust provides award winning, high quality mental health, community and learning disability services that look after the 'whole person', caring for their physical and mental health needs. We work with individuals, their carers and our partners, to make sure that people get the right care, in the right place with the right support across Bradford, Airedale, Wharfedale and Craven.

Need support?

If you need help or are worried about someone who may need mental health support for the first time, please contact your local doctor (your GP).

If you need urgent help or care in mental health, please contact our First Response Service on **01274 221181**. First Response offers people of all ages living in Bradford, Airedale, Wharfedale and Craven mental health crisis support 24 hours a day, seven days a week.

Find out more about the Trust and the services it provides by visiting www.bdct.nhs.uk

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 www.facebook.com/bdct02

