Submission Form

# Event Overview

Healing through Compassion: Artistic explorations of mental health is a community art showcase, brought to you by Canadian Mental Health Association, Hamilton Branch (CMHA Hamilton), the McMaster Museum of Art (MMA), the McMaster Institute for Health Equity (MIHE), the McMaster Community Research Platform (CRP), the Burlington Public Library (BPL), the Hamilton Public Library (HPL), and the Centre for Advanced Research on Mental Health and Society (ARMS).

Hamilton community members and McMaster University students are invited to submit artistic work in the form of paintings, collage, photography, digital illustrations, or poetry, that reflect on your personal mental wellness journeys with a focus on healing through compassion. Selected artwork will be showcased at the *Art & Inquiry Soirée* at CMHA Hamilton on the evening of May 1, 2024 and will remain on display during CMHA Mental Health Week, May 6-10, 2024.

This exhibit aims to initiate discussions on mental health challenges and act as a powerful physical representation of an artist-centered self-discovery process. The goal is to reduce stigma associated with mental health issues and provide a channel where artists, photographers, and poets feel comfortable sharing personal struggles, which is an important first step towards improving mental wellness.

# Submission Guidelines

All submissions must meet the following guidelines:

* Canvas/photo/digital art dimensions: 16" x 20" OR 11" x 14" (other canvas dimensions may not be able to be mounted)
* Maximum poem length: 25 lines

A copy of this form must be completed and submitted by **April 12, 2024**. Submissions may be made either by dropping off in-person at 131 John St S in Hamilton or by emailing a digital copy to artsubmissions@cmhahamilton.ca.

Digital submissions should be **no larger than 10 MB total** if sending via email. For those submitting digitally, if selected for the showcase, you will be able to submit a higher quality version prior to the showcase.

Artwork that is submitted earlier than the deadline may be used in promotional material, so early submission is appreciated and encouraged!

**NOTE:** *If you are submitting more than one piece of art, you will need to fill out a separate form for each submission*.

**All submissions are due no later than 11:59pm on Friday, April 12th, 2024**.

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| **Full Name:** |  |
| **Email Address:** |  |
| **Preferred Pronoun(s):** |  |
| **Are you currently a McMaster University student?** |  |
| **If you are a McMaster University student, would you like to drop off your artwork at the McMaster Museum of Art?** |  |
| **If selected, can we display your name beside your artwork?** |  |
| **What type of artwork are you submitting?** |  |
| **What size is your artwork?*****\*This question does not apply to those submitting poetry.*** |  |
| **Are you submitting more than one piece of artwork for consideration to the showcase?** |  |
| **Would you be open to speaking at a launch event during CMHA Hamilton's Mental Health Week in May about your artwork/journey? (Optional)** |  |
| **Title of artwork (Optional)** |      |
| **Chosen artwork theme** |
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| **Artist statement (150 words max.)*****Optional for all poetry submissions; Simply add “N/A” if you don't want to include an artist statement. A statement is required for all other types of submission.*** |
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