

Submission of an Image File of Artwork to be considered for inclusion in the 2023 Arts Calendar

Please take a couple of minutes to complete this short form for each file you submit. Attach both this completed form and your file to an e-mail addressed to info@aimmentalhealth.org.uk

1. Title and Date of File

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2. Gender: Male Female I prefer not to say

3. Age:

..... I prefer not to say

4. Do you have lived experience of mental health problems?

Yes No I prefer not to say

5. (If applicable) Name of support agency or organisation eg art studio?

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6. Background information ('back story') to the piece of art, eg its inspiration, its theme, the medium used etc

7. How creating this piece of art has helped/benefitted me?

Choose as many as apply from the list below and add to the list if you need to.

- increased my self-esteem
- Increased my confidence
- allowed me to talk and socialise with other artists in the group
- allowed me to express feelings relating to mental health (eg stigma, discrimination, bullying, anxiety, depression etc)
- helped me to deal with my mental health problems
- made me feel loved
- made me feel useful
- made me feel relaxed
- made me feel cheerful
- filled me with hope
- gave me energy
- filled me with optimism
- helped me to think clearly
- made me interested in new things
- other ways:

Declaration/Consent

- I have read and agree to the terms and conditions set out on the Calendars page on the AIM web site:
www.aimmentalhealth.org.uk/world-mental-health-day/calendars/ AIM's Privacy Policy can be found on its web site:
www.aimmentalhealth.org.uk/privacy-and-cookies-policy/
- I consent to allow AIM to distribute and publicise my image and to use it in exhibitions, in the calendar and on its web site, on Flickr, on social media and in promotions.

Signed/Name: **Date:**