

For Immediate Release, March 7, 2019

Inside/Outside Reflects Experiences of Mental Illness at The Plaxall Gallery



Artwork by Corran Shrimpton

On view at **The Plaxall Gallery**, (5-25 46th Avenue, Long Island City)

March 7-April 7

Opening Event: March 9, 7-10 pm

Hours: Thursday, 6-10 pm & Saturdays/Sundays, 12-5 pm

Curated by Nancy Bruno, *Inside/Outside* is an exhibition rooted in many perspectives reflecting the personal experience of mental illness. On view at The Plaxall Gallery, the exhibit is organized in partnership with [Fountain House Gallery](#) and the [Flushing Interfaith Council](#). Our partners' interest in Mental Health Awareness and community outreach demonstrates a commitment to facilitate a dialogue around mental health, and *Inside/Outside* visually communicates mindfulness, contemplation, meditation, as well as the experience of healing. Artists on view in the exhibition ruminate on the suffering, healing and the stigma associated with mental health.

On view from March 7 through April 7, exhibiting artists share their perspectives around the impact mental illness exerts on their artistic practice and overall wellbeing. Rooted in dispelling the shame society constructs around mental illness, artists on view reflect on their personal journeys through the lens of sculpture, painting, and mixed media. Building a bridge of greater awareness and understanding around mental health, *Inside/Outside* marks a survey of fearless artists sharing their artworks and their unique perspectives, with the wider public.

[About Fountain House Gallery](#) - Fountain House Gallery and Studio provides an environment in which artists living with mental illness can express their creative visions and exhibit their work. Founded by Fountain House in 2000 as a not-for-profit exhibition space for its member-artists living and working with mental illness, the Gallery sells original artworks and collaborates with a wide network of artists, curators and cultural institutions. Embracing artists who are emerging or established, trained or self-taught, Fountain House Gallery cultivates artistic growth, makes a vital contribution to the New York arts community, and challenges the stigma surrounding mental illness. www.fountainhousegallery.org

[About Flushing Interfaith Council](#) - The Flushing Interfaith Council works to build a community that fulfills and surpasses the dream of toleration voiced by the Flushing Remonstrance more than 350 years ago. Our mission is to discover how members of the wonderfully diverse faith and cultural traditions in Flushing can celebrate our differences as we acknowledge our commonalities as well as the worth and dignity of each and every one.

[About LIC-A / The Plaxall Gallery](#) - Long Island City Artists Inc. (LIC-A) is a not-for-profit arts advocacy group, proud to be supporting artists in western Queens since 1986. Now with the help of Plaxall Inc., LIC-A is providing needed space for other organizations in fine art, theater, dance, local PTA and Girl Scout troops, LaGuardia ESL classes, children's workshops and much more.