

Count me in





I believe that good mental health is a result of a well-balanced lifestyle. That is what I have tried to reflect in my artwork. My artwork is of a young girl playing in the park (a sign of fitness and exercise) with her dog (a sign of love and friendship). In the background is an apple tree which is a symbol of good health, growth and development. These are the main factors of a balanced lifestyle.

My artwork was produced mainly on a computer. It was first drawn and inked on paper. It was then scanned onto a computer where it was coloured using Photoshop.

Caleb Ioannidis (first place)



Choosing which path to take

The different patterns on the hills and stream are different paths in life to take and the heart is representing a person who is deciding which path in life to take. The words are factors which lead to a good mental health.

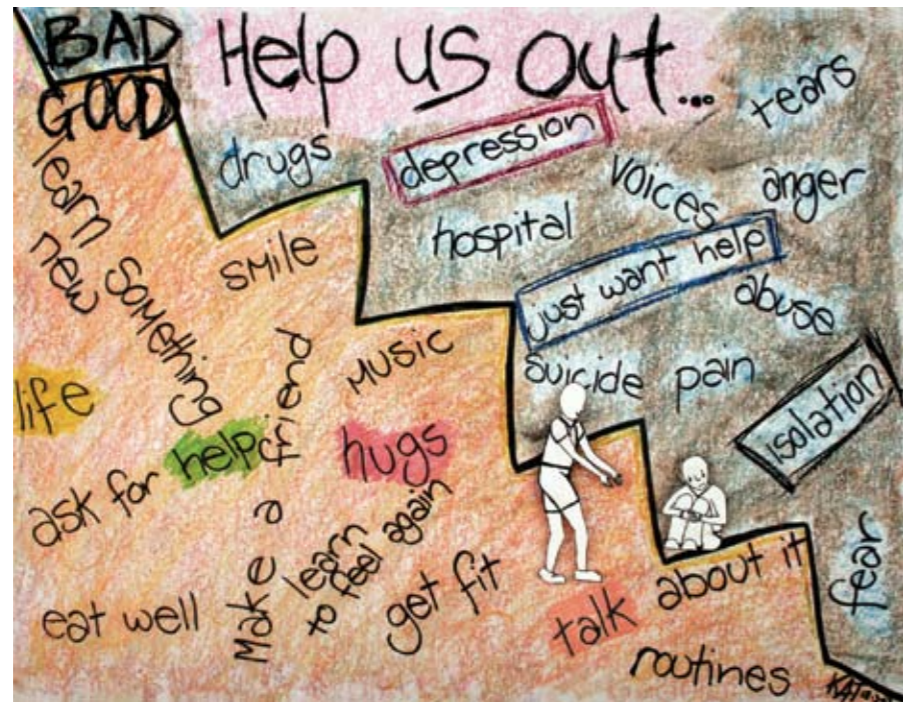
Thea McBeath



I did all of the healthy things because I thought it is very healthy for you and your brain! I did all of these unhealthy things because butter, chips, burgers etc. are very unhealthy for you!

Melanie Davidson



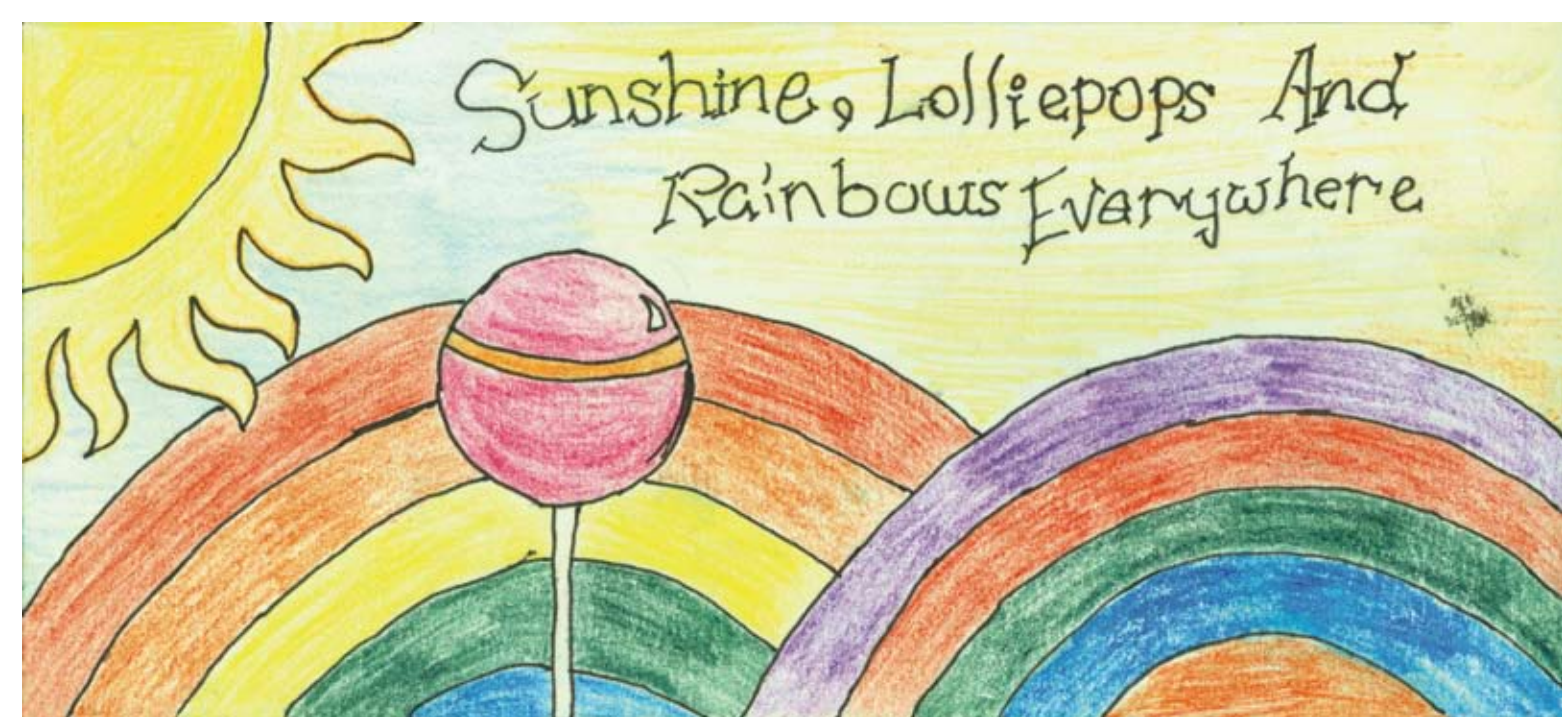


Help us out

I believe there are two sides to mental health — the good side and the bad side. I have tried to portray the bad side of mental health so that people can compare it to the good side and get a better perspective on the subject. A lot of people tend to take things like hugs, friends, love of life and even effective help for granted. In my picture I am showing someone reaching out to another in need, trying to help them into the better side of mental health and wellbeing. I believe that mental illness isn't something that should be tolerated by an individual unnecessarily, and that most mental illness can be treated or prevented by a positive lifestyle.

Kaytlin Taylor



A child's drawing on a light-colored background. In the top left corner, there is a large yellow sun with wavy rays. Below the sun, two rainbows are drawn with thick, colored bands. The first rainbow on the left has bands of red, orange, yellow, green, and blue. The second rainbow on the right has bands of purple, red, orange, green, and blue. In the center, a pink lollipop with a white band and a white stick is positioned. The title 'Sunshine, Lollipops And Rainbows Everywhere' is written in a cursive, hand-drawn font across the top of the drawing.

Sunshine, Lollipops And
Rainbows Everywhere

I am trying to portray a utopian world where everything is perfect and harmonious. Everyone and everything is happy and balanced.

Johnny Nolan





My concept was fractured glass. Mental health is important.

Matthew Jabbour





Being happy and healthy in your life leads to good mental health. I chose a black and white design because I found it to be most effective and eye-catching.

Matide Martin





There are lots of different factors that make up good mental health. I wanted to keep my design simple and easily understood.

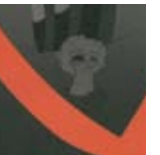
Ben Ketsupot

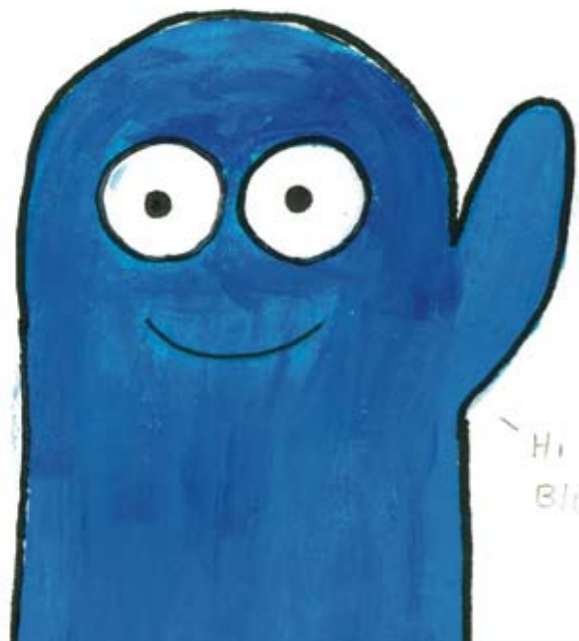




The dark gloomy neutral tones show how black and hopeless the figure is strapped in a straightjacket feeling helpless, tight and trapped. His head is swollen with fears and his face shows his bruised and twisted torment. Nailed to the red X that is for the bleeding wounds he has inside that no one can see. Bars on the window are the negative thoughts and despair that keep a prisoner of his bad mental health.

Fiaram





FOSTERS WISHES
YOU GOOD
MENTAL 
HEALTH

Hi im
Blu

To have good mental health we need fosters wishes.

Andrijana Stankovska

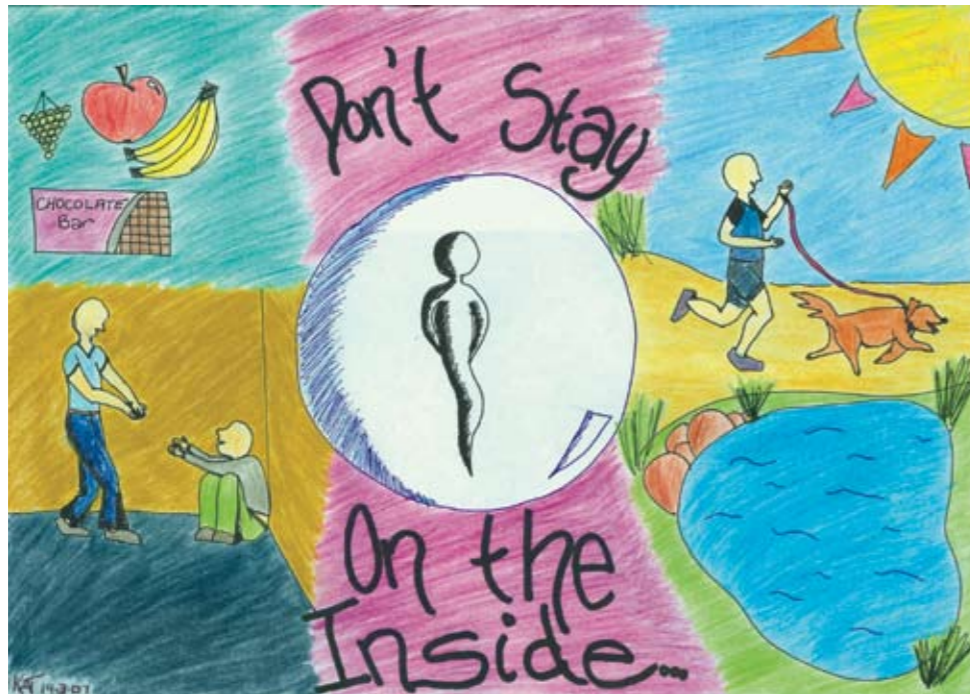




I wanted to portray both sides of mental health and illustrate all different things that affect it.

Dianne Eslick





Don't stay on the inside

I believe that good food, regular exercise and the ability to ask for help are all aspects of creating good mental health. The spirit in the middle indicates the isolation that comes hand-in-hand with mental illness. In order to live life to the fullest you need to be able to step out of the isolation and into a place where you can learn to be truly happy. The people in the picture have been left faceless deliberately so that anyone can imagine themselves in the scenario rather than seeing a scene which could never fit them. I want to spread the message that asking for help seems more difficult than it is and that eating can sometimes involve chocolate. The dog in my picture is just as happy as the owner because they are together and in a pleasant place. This can be a reality for you to...only you can make it happen.

Kaytlin Taylor



*“Count me in” was a competition run by
NSW CAG in which we asked young people
in the Marrickville Council area to draw
their interpretation of what good mental
health means.*



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