

SPECIAL WORLD MENTAL HEALTH MONTH HYBRID EVENT

31 OCT 2023 11:40 AM - 1:15 PM (AEST)	CHRISTOPHER DOWRICK University of Liverpool, UK	
MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT	 REGISTER go.unimelb.edu.au/vm4s	

CREATIVE ARTS: AN ANTIDOTE TO EXISTENTIAL DESPAIR

The ALIVE National Centre for Mental Health Research Translation

- Event Schedule:**
- **11:40am**
Arrival, seated by 11:50am
 - **11:50am**
Introductions by Prof Jane Gunn
 - **12:00pm - 12:45pm**
Talk
 - **12:45pm - 1:15pm**
Panel discussions and Q&A with audience on the same topic moderated by Prof Jane Gunn




Chris will explore how creative arts (specifically literature, poetry and music) may ameliorate our personal and vicarious experiences of existential despair. He will consider how creative arts enable us to acknowledge the deeply inconsolable, to 'think' reality when ordinary human thought falls short, to allow for the possibility of imagining the 'shabby, confused, agonised crisis which is the common reality of suicide' and to develop empathy towards individuals who seek it. With the help of Leo Tolstoy, Gerard Manley Hopkins, Ludwig van Beethoven and Bruce Springsteen, he will explain how creative arts can broaden our approach to mental health promotion and suicide prevention.

Hosted by:



Prof Jane Gunn
Dean, Medicine, Dentistry & Health Sciences

Panellists:

 <p>A/Prof Beth Driscoll Publishing, Culture and Communications</p>	 <p>Mr Alan Brough Comedian and Media Personality</p>	 <p>Dr Donna Lyon Film Producer, Researcher and Senior Lecturer</p>
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