

[You Are Not Alone Murals www.youarenotalonemurals.com](http://www.youarenotalonemurals.com)

Their history: The You are not alone Mural movement is an offshoot, a response to Samantha Shultz's memoir "I DON'T WANT TO BE CRAZY" a story about growing up, falling apart and beginning to understand an anxiety disorder. In her early college years, after leaving home and friends, she loved the freedom, but as pressures increased; she began having panic attacks that left her physically incapacitated. She captured her journey of healing and recovery in a powerful collection of poetry.

Friends and artists responded to this book by creating murals of support in New York. What started with 5 murals in the city reached out to uncounted murals around the world and a few non-mural projects as well.

Each of these murals is an artist's interpretation of the phrase, "you are not alone." It is hoped that this message grows and helps to break the stigma of talking publicly about mental health. Each mural is easily identified by the bold yellow, black, gray and white designs and the hashtag on each that can help spread the word on Instagram.

Our History: Last spring, I was tired of the doldrums and created a bee hive painting on my studio windows downtown. Simple yellow and black and silver tempera paint on the windows to be washed in summer's boom. This caught Linda Chipman's attention as she had recently discovered the #youarenotalone movement as she researched for the Mad Street Art initiative. We had a conversation that led to a determination that Beaver Dam needs more art and the stigma about mental health needs to be eliminated. We brainstormed. I created a few stencil ideas for small scale murals to peek in our community. We determined that MAY was a great time to kick off a campaign project here in BD.

Our idea grew as the DCCA and NAMI joined us.

Our plan is to meet from 5-7 each Thursday evening to discuss mental health concerns and resources as we create our own stencils for spray painted murals. UnMasked Expressive Therapies will provide two mental health art therapy professionals to facilitate the art design and execution. We will design and cut stencil material in the Thursday night workshops and trust the participants to find an appropriate location to display the finished work and share this photographically with us all!

Tami DeLisle