

# Media Release



Wednesday, 16 April

*For immediate release*

## New art program helps Aboriginal people living with mental illness

A new art therapy program at Reflections Art Studio is set to help Aboriginal people living with mental illness.

Art therapist Mrs Patricia Murrallulyi, an Alawa/Marra woman originally from the Northern Territory, will work with Aboriginal people attending the new program.

Mrs Murrallulyi says art can play an important part in helping Aboriginal people with mental illness because of the central role it plays in Indigenous culture.

“Art was used by Aboriginal ancestors during troubled times to make sense of their surroundings. Just like our ancestors, Aboriginal people can use art to simplify problems and open gateways to healing and recovery.

“My mother calls it the ‘silent counsellor’; when things are too hard to talk about, we are able to express difficulties through art in a non-confrontational way,” she said.

Mrs Murrallulyi has an Art Therapy Masters degree and a great deal of experience and passion for the arts. “I am excited about helping Aboriginal people through an artistic journey of self discovery and recovery,” she said.

Reflections Art Studio is part of the North Metropolitan Area Health Service Mental Health Division. It promotes mental health recovery through visual arts in a safe, supportive environment where participants can develop arts skills.

The art program will run every Wednesday from 9.30am -12.00pm and 1.00pm -3.30pm at Reflections Art Studio, 125 Aberdeen Street, Northbridge.

There is no charge for this service, although a small fee may apply for some art materials.

For more information about the program, or other Reflections Art Studio programs, contact Patricia Murrallulyi or Penny Kordyl on 9227 9083 or visit [www.reflections.health.wa.gov.au](http://www.reflections.health.wa.gov.au).

### Media enquiries

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