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FOR IMMEDIATE RELEASE

ArtScience Museum Asks 'How Are You?' with ***MENTAL: Colours of Wellbeing***

An interactive exhibition, with more than 20 art projects and large-scale installations, presents the different shades of mental health and the human connection



Wheel (2021) by Hiromi Tango, Dr Emma Burrows and Dr Tilman Dingler, Installation view at Science Gallery Melbourne. Image courtesy of Alan Weedon.

SINGAPORE (28 July 2022) – From 3 September, ArtScience Museum will invite visitors to embark on an intimate and personal journey that explores mental health and wellbeing. Making its Asian premiere, *MENTAL: Colours of Wellbeing* will be a welcoming space which offers different perspectives and stories across the mental health spectrum through the interplay of art, science, and technology.

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Co-curated with Science Gallery Melbourne, *MENTAL* will present over 20 interactive exhibits and large-scale installations by international artists, makers, scientists and designers that confront societal biases and stereotypes about mental health. In addition, there are seven artworks by Singaporean and Southeast Asian artists that explore mental health from uniquely Southeast Asian perspectives.

The artworks featured in this exhibition take on serious topics in an accessible way. Rather than dwell on mental ill-health, treatments or cures, the exhibition will embrace the diversity of the human mind and its complexities. The works will challenge visitors to reflect upon, question, and empathise with what it means to be human, potentially changing their perspective of themselves, others and society as a whole.

"We are delighted to be collaborating with Science Gallery Melbourne on an exhibition that really showcases the creative intersection of art, science, and technology. *MENTAL: Colours of Wellbeing* is a significant and timely new exhibition that invites visitors to contemplate what mental wellbeing means to them. This exhibition is a culmination of ArtScience Museum's *Season of Mental Wellbeing* – a year-long series of exhibitions, education activities and public programmes that has sought to raise mental health awareness," said Honor Harger, Vice President of ArtScience Museum and Attractions at Marina Bay Sands.

"*MENTAL: Colours of Wellbeing* presents universal themes that will transcend boundaries and resonate with visitors of all ages and backgrounds. It encourages visitors to reflect on different ways of being, surviving and connecting in our modern age. We hope this exhibition will create an open and supportive space for family and friends to discuss the many colours of mental health and wellbeing," she added.

Dr Ryan Jefferies, Director, Science Gallery Melbourne, said: "Never has there been a more important time to explore mental health, especially for young people. Colliding science and art, *MENTAL* is an exciting collaboration between ArtScience Museum and Science Gallery at The University of Melbourne that provides the opportunity to connect new audiences through lived experiences of mental health, technology and creativity. The exhibition highlights that we are all on our own mental health journey through life, just not all journeys are equal."

Key Highlights of *MENTAL: Colours of Wellbeing*

First presented at Science Gallery Melbourne at The University of Melbourne in the earlier half of 2022, this exhibition was originally developed in consultation with a group of young adults in Australia alongside experts and academics from the sciences and creative arts. Taking inspiration from the lived experiences of young people, the exhibition offers a sensitive exploration of mental health from various perspectives.

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MENTAL will be a dynamic and colourful playground where visitors can explore different ideas and perspectives surrounding one of the greatest challenges of our time. From a human-sized rainbow wheel and a mirror that reads emotions to a giant balloon trapped in a pink cage, the exhibition will feature projects that are experimental and interactive, asking questions and encouraging visitors to explore and contemplate the human condition through science, technology and creativity.

What if you could turn a dial to instantly boost your mood?



Wheel (2021) by Hiromi Tango, Dr Emma Burrows and Dr Tilman Dingler, Installation view at Science Gallery Melbourne. Image courtesy of Alan Weedon.

Wheel (2021) is a collaboration between renowned artist Hiromi Tango and researcher, Dr Emma Burrows from the Florey Institute of Neuroscience and Mental Health. This work examines how colour, playful spaces and exercise can influence mood, as well as how social rewards affect one's commitment to exercise. A giant, brightly coloured wheel and wheelchair-accessible exercise machine are connected to a collective trip odometer that counts the distance clocked by visitors over the exhibition run. Viewers can also join the action online by watching a livestream of participants' hands or feet and cheering them on from the sidelines through a 'like' button. Ultimately, the installation explores the commitment to staying motivated through this 'mood medicine'.

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Who knows you best? The machine or you?



Mirror Ritual (2021) by Nina Rajcic and SensiLab.
Installation view at Science Gallery Melbourne. Image courtesy of Alan Weedon.

One of the exhibition's key works is *Mirror Ritual (2021)* by Nina Rajcic and SensiLab, an interactive artwork that appropriates an everyday object – a mirror – and augments it with artificial intelligence (AI) to foster both literal and metaphorical reflection. The mirror 'speaks' to the viewer by assessing their emotional states from their facial expressions and generates a uniquely tailored poem in response. Instead of dictating how a person feels, the installation provides an opportunity for the viewer to reflect on their internal disposition, emphasising harmony or conflict between both their intentional and unintentional expressions.

What does the weight of caregiving look like? Can we share it?



Between Earth and Sky (2018) by Alecia Neo, video still from Frank M's performance.
Image courtesy of the artist.

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In *Between Earth and Sky (2018)*, Singaporean artist Alecia Neo works with the movements and perspectives of a community of caregivers for persons with mental illness. They make visible the contributions and needs of caregivers who often deal with the emotional and financial weight of caring for loved ones with mental health conditions.

This multi-media installation is a culmination of a year-long project, comprising a performance video in which the caregivers use their bodies as a central axis for expression to create narratives and expressive movements based on their caregiving journeys. 14 kites, shaped like shields, accompany the video. Each kite bears photographs of clothing taken close-up from each caregiver and their loved ones. Together, these kites form a collective body and symbolise both vulnerability and freedom. This work also momentarily re-centres the attention on the caregiver who has long learned to bear weight but may have forgotten how to give weight. In many ways, *Between Earth and Sky (2018)* is an intimate portrait of faith restored in times of profound loss, within oneself and in society.

How can we express our feelings when there are no words to describe them?



State of Mind (2021) by Lee Yi Xuan. Image courtesy of the artist.

In art therapy, circles are commonly used to help clients process and express their innermost feelings on a deeper level, but emotions can sometimes be too overwhelming to contain. *State of Mind (2021)* by Singaporean artist, Lee Yi Xuan, seeks to submerge viewers in a scenario where no words suffice to describe such feelings, with the notion of 'drawing in a circle' providing a visual containment to vocalise one's thoughts and emotions. The act of 'scribbling' within the circle is a representation of the artist's contained state of mind – where words fail, the scribbling process allows her to confront her inner chaos. While pleasing to look at, closer inspection reveals the artwork's more turbulent and complex nature.

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How much can we trust our perception of reality?



*Distorted Constellations(2019)by Nwando Ebizie. Installation view at Science Gallery Melbourne.
Image courtesy of Alan Weedon.*

Distorted Constellations (2019) by UK artist Nwando Ebizie, submerges visitors in an immersive sensory environment that draws on a rare neurological syndrome known as visual snow. Through visual and auditory distortions, the work defies the idea of a 'normal' brain in favour of understanding reality as a subjective experience within a wider spectrum, enabling visitors to feel what it might be like to live in someone else's shoes.

In conjunction with the opening of *MENTAL: Colours of Wellbeing*, a symposium titled *Conversations: Headspace* will be held on 3 September. It brings together researchers, artists and curators behind the exhibition to discuss a range of perspectives on mental health and wellbeing through their practices, advocacy work and lived experiences. Booking details will be announced on the exhibition website.

MENTAL: Colours of Wellbeing will run from 3 September 2022 to early 2023.

Tickets and Reservations

Tickets are available for purchase from 28 July at all Marina Bay Sands box offices and website. Due to limited capacity and timed entry of the exhibition, guests are also strongly encouraged to pre-purchase tickets online prior to their visit.

Ticket prices as follows:

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	SINGAPORE RESIDENT (SGD)	STANDARD TICKET (SGD)	SRL TICKET (SGD)
Adult	18	21	14.70
Concession	14	16	11.20
Family	50	58	-

For more information on *MENTAL: Colours of Wellbeing*, visit <https://www.marinabaysands.com/museum/exhibitions/mental.html>

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About Marina Bay Sands Pte Ltd

Marina Bay Sands is Asia's leading business, leisure and entertainment destination. The integrated resort features Singapore's largest hotel with over 2,200 luxurious rooms and suites, crowned by the spectacular Sands SkyPark and iconic infinity pool. Its stunning architecture and compelling programming, including state-of-the-art convention and exhibition facilities, Asia's best luxury shopping mall, world-class dining and entertainment, as well as cutting-edge exhibitions at ArtScience Museum, have transformed the country's skyline and tourism landscape since it opened in 2010.

Marina Bay Sands is dedicated to being a good corporate citizen to serve its people, communities and environment. As one of the largest players in hospitality, it employs nearly 10,000 Team Members across the property. It drives social impact through its community engagement programme, Sands Cares, and leads environmental stewardship through its global sustainability programme, Sands ECO360.

For more information, please visit www.marinabaysands.com

About ArtScience Museum

ArtScience Museum is a major cultural institution in Singapore that explores the intersection between art, science, technology and culture. It is the cultural component of Marina Bay Sands. Since its opening in February 2011, ArtScience Museum has staged large-scale exhibitions by some of the world's major artists, including Leonardo da Vinci, M.C. Escher, Salvador Dalí, Andy Warhol and Vincent Van Gogh, as well as exhibitions that explore aspects of science and technology – including particle physics, big data, robotics, palaeontology, marine biology and space science. For more information, please visit www.marinabaysands.com/museum.html

About the University of Melbourne

The University of Melbourne is Australia's leading university, ranked #1 in Australia and #33 in the world (Times Higher Education World University Rankings 2021). The distinctive Melbourne experience helps graduates become well-rounded, thoughtful, and skilled professionals – making a positive impact across the globe. The University's research helps solve social, economic, and environmental challenges the world is facing today and into the future. It is tightly connected with communities, at home and around the globe – a connection that enriches its learning, teaching and research. For more information, please visit <https://about.unimelb.edu.au/>

About Science Gallery Melbourne

Exploring the collision of art and science, and playing a vital role in shifting our understanding of science, art and innovation, Science Gallery Melbourne (SGM) at the University of Melbourne is part of the acclaimed Global Science Gallery Network pioneered by Trinity College Dublin. SGM is the first and only Australian node in the internationally acclaimed Science Gallery Network, and offers over 3500sqm of exhibition space, a dedicated teaching learning space in partnership with the Victorian Department of Education and Training, a theatre, an artist residency lab and social spaces, designed to inspire young adults through art, science and innovation. The Science Gallery Network

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embeds galleries in leading Universities around the world, with proven success at engaging 15-25-year-olds in STEM subjects and pathways – the key being the presentation of immersive and experimental exhibitions that blend scientific theory and new technologies with contemporary themes and creativity. For more information, please visit <https://melbourne.sciencegallery.com/what-we-do>

Media Enquiries

Julia Tan: +65 8380 4031/ julia.tan@marinabaysands.com
Sarina Pushkarna: +65 9298 5728/ sarina.pushkarna@marinabaysands.com

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