

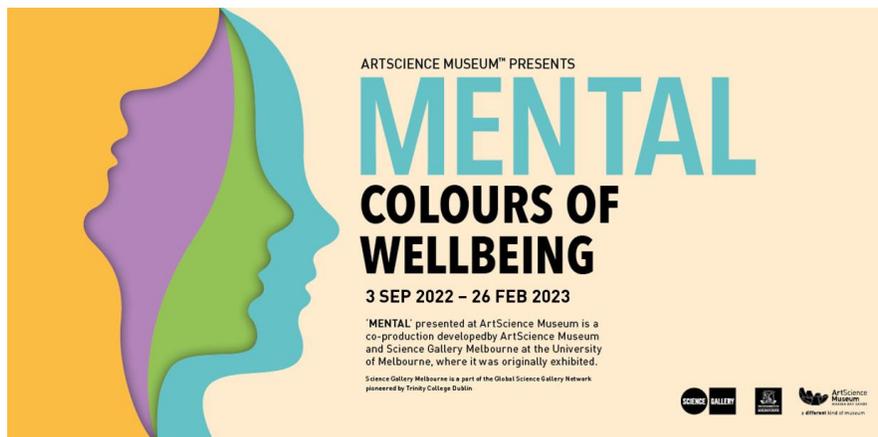
Press Release



FOR IMMEDIATE RELEASE

ArtScience Museum embraces different shades of mental health with ***MENTAL: Colours of Wellbeing***

Visitors can chart their own path across 24 interactive installations to explore what it means to be human



SINGAPORE (1 September 2022) – ArtScience Museum invites visitors to reflect on what mental wellbeing means to them in a bold and dynamic new exhibition. Making its Asian debut on 3 September, *MENTAL: Colours of Wellbeing* showcases diverse perspectives on mental health.

Co-curated by ArtScience Museum and Science Gallery Melbourne at the University of Melbourne, *MENTAL* presents 24 exhibits and large-scale installations by contemporary artists, scientists, makers, and designers from around the world. Interwoven through the show are seven installations by local and regional artists which explore mental health from a uniquely Southeast Asian perspective.

Press Release



(From L to R) Front row: Lee Yi Xuan, Alecia Neo, Dr Emma Burrows, Dr Ryan Jefferies, Charleen Leo, Adrian George, Tilly Boleyn, Shwe Wutt Hmon; Back row: Tanya Wilson, Rachel Hanlon, Steve Lawler, Divaagar, Tan Yang Er (YANGERMEISTER), Akbar Yunus, Nina Rajcic

The exhibition is the culmination of ArtScience Museum’s *Season of Mental Wellbeing* – a year-long series of exhibitions, education activities and public programmes that has raised awareness about mental health.

“We are delighted to be collaborating with Science Gallery Melbourne on such a significant and timely new show, which focuses on one of the pressing issues of our time – mental health. *MENTAL: Colours of Wellbeing* upends our assumptions about how an exhibition on mental health should look and feel. Rather than focusing on illness or treatment, it instead celebrates the kaleidoscopic spectrum of mental wellbeing. It will surprise and delight visitors through out-of-the-box artworks that address serious topics head-on in an accessible manner. The strikingly contemporary multicoloured exhibition design also creates a space of joy, empathy, and care where we can sensitively tell stories of resilience and survival in a creative way,” said Honor Harger, Vice President of ArtScience Museum and Attractions at Marina Bay Sands.

“This is a show that is very close to the hearts and minds of our teams at ArtScience Museum and Science Gallery Melbourne, who have worked together with passion and energy to bring it to our visitors in Singapore. Our hope is that it will inspire families and friends to talk about mental health with their loved ones, express their feelings, and become more in tune with their inner wellbeing,” she added.

Dr Ryan Jefferies, Director, Science Gallery Melbourne, said the work with health and lived experience experts from the University of Melbourne and other universities played a crucial role in developing the exhibition.

Press Release



“The themes presented in *MENTAL* came from ongoing conversations with young people, supported by the expertise of academics and practitioners to help us explore the topic at an even deeper level,” he said.

The first iteration of *MENTAL* at Science Gallery Melbourne was developed in consultation with young adults in Australia together with experts and academics. It provided a sensitive exploration of mental health and its corresponding biases and stereotypes, celebrating the diversity and complexities of the human mind based on a broad spectrum of lived experiences instead of focusing on mental illness.

At ArtScience Museum, this new version of the exhibition combines art, science, and technology alongside a dramatic exhibition design by local production company SPACELogic. By drawing on the understanding generated by science and the emotional impact of artists’ work, the exhibition tackles weighty topics in a thoughtful and caring manner. The exhibition encompasses four broad themes – Connection, Exploration, Expression, and Reflection – with each of the two dozen installations and interactive artworks posing a question to the viewer. They challenge visitors to consider, question, and empathise with what it means to be human, to accept their inherent fallibility, and ultimately change their perception of themselves, others, and society as a whole.

Are you ready to embark on a journey of self-discovery?



Various artworks situated within the galleries of MENTAL: Colours of Wellbeing

MENTAL: Colours of Wellbeing embraces the notion that every mental health journey is unique. The exhibition has been designed so that visitors can chart their own path through the varying installations, in the same way that each person’s journey is unique and personal. There are no set routes to follow, and visitors can decide how, and in what order they would like to experience it.

Press Release

Have you eaten?



Model: Kitchen (2022) by Divaagar

One of the highlights of *MENTAL* is a newly commissioned multi-media installation by Singaporean artist Divaagar. Opening the exhibition, the installation highlights the importance of food in Singapore as a unifying cultural thread, where asking if someone has eaten is a way of showing care.

Divaagar's new work, *Model: Kitchen (2022)*, explores the ideal household kitchen beyond its functional design as it forms the communal heart of any home, especially in Singapore. By capturing daily motions of care within the kitchen through digital scenes, Divaagar's homely and familiar space reveals the various intimacies of food preparation, family dynamics, and care.

Divaagar is part of a group of Singaporean and Southeast Asian artists participating in the exhibition, who explore different care practices and ways of being. There are works by Alecia Neo (Singapore), Lee Yi Xuan (Singapore), YANGERMEISTER (aka Tan Yang Er) and Yunora (Singapore), Shwe Wutt Hmon (Myanmar), Tromarama (Indonesia), as well as a presentation by local arts organisation, EYEYAH! that features 20 digital artworks by young artists from around the world.

How are you?

Many of the installations in *MENTAL: Colours of Wellbeing* encourage interaction, allowing visitors to become part of the works themselves. Key examples include an enormous rainbow-shaped 'hamster' wheel titled *Wheel (2021)* by Hiromi Tango and Dr Emma Burrows; *Hello Human, Hello Machine (2021)* by Rachel Hanlon which invites visitors to have a spontaneous conversation with a stranger in another part of the world; and *Mirror Ritual (2020)* by Nina Rajcic and SensiLab which uses artificial intelligence to evaluate visitors' emotional states based on their facial expressions.

Press Release



Doing Nothing With A.I. (2019) by Emanuel Gollob

Elsewhere in the show, visitors can contribute to a growing collection of 3D-printed thoughts generated by brainwaves in *Thoughtforms* (2021) by Dr Kellyann Geurts and Dr Indae Huang. Visitors can also write friendly letters to real people in *Kind Words* (2021) by Ziba Scott, observe a giant balloon trapped in a pink cage in Zhou Xiaohu's captivating work, *Even in Fear* (2008), as well as meet the large inflatable characters, Telly, Birdie and Teddy in *Go Mental* (2021), a surrealist environment created by Aboriginal artist, Josh Muir.

Appendix I includes a full list of the exhibits, and further details on the artworks and experiences can also be found online [here](#).

Complementary programmes to *MENTAL: Colours of Wellbeing*

In conjunction with the opening of *MENTAL: Colours of Wellbeing*, ArtScience Museum will host *Conversations: Headspace*, a symposium that brings together researchers, artists and curators behind the exhibition to talk about a range of perspectives on mental health and wellbeing. Participants will discuss their practice, advocacy work and lived experiences.

Taking place on 3 September, the symposium features Dr Ryan Jefferies (Director of Science Gallery Melbourne), Tilly Boleyn (Head of Curatorial at Science Gallery Melbourne), and Titus Yim (Co-Founder of MENTAL Health Collective) alongside artists and scientists from the exhibition, including Divaagar, Nina Rajcic, Rachel Hanlon, and Dr Emma Burrows.

As part of the *Season of Mental Wellbeing*, ArtScience Museum is also launching a series of online and on-site programmes throughout October that encourage visitors to take a pause and reflect on their mental health. A variety of workshops, talks, films, drop-in activities, and masterclasses will be offered, addressing various aspects of wellbeing, from physical, mental and emotional health to caring for our environment.

Press Release



Beyond these events, visitors can expect tours and other educational programmes during the exhibition's run. An initial listing of complementary programmes to *MENTAL* is as follows:

Public Programmes

Date and Time:	Venue:	Programme and Description:
3 Sep, Sat 2pm – 5.10pm	ArtScience Cinema, Level 4	<p>Conversations: Headspace</p> <p>Organised as the opening event of <i>MENTAL: Colours of Wellbeing</i>, Conversations: Headspace brings together researchers, artists, and curators from the exhibition to discuss a range of perspectives on mental health and wellbeing through their practices, advocacy work and lived experiences. Tickets can be purchased here.</p> <p>Speakers include:</p> <ul style="list-style-type: none">• Dr Ryan Jefferies (Director of Science Gallery Melbourne)• Tilly Boleyn (Head of Curatorial at Science Gallery Melbourne)• Titus Yim (Co-Founder of MENTAL Health Collective)• Divaagar (artist)• Nina Rajcic (artist, researcher and developer)• Rachel Hanlon (artist)• Dr Emma Burrows (Head of Translational Behaviour Laboratory at The Florey Institute of Neuroscience and Mental Health)
4 Sep, Sun 11am – 12pm, 4pm – 5pm	Exhibition entrance, Basement 2	<p>MENTAL: Curator's Spotlight Tour with Tilly Boleyn</p> <p>Explore <i>MENTAL: Colours of Wellbeing</i> with Tilly Boleyn (Head of Curatorial at Science Gallery Melbourne) as she leads an experiential walkthrough of the exhibition. Hear more about the exhibits, art projects and interactive installations in the show, as Tilly shares insights on how <i>MENTAL</i> has been conceived as a welcoming place to confront societal bias and stereotypes around mental health.</p> <p>The tour is available at \$5 per participant with limited slots. Same-day exhibition tickets will be required for the tour. Due to limited capacity, guests are encouraged to prebook their slots online via this link.</p>

Press Release



<p>7 Sep, Wed 11am – 12pm</p> <p>14, 21, 28 Sep, Wed 4pm – 5pm</p>	<p>Exhibition entrance, Basement 2</p>	<p>Guided Tours</p> <p>What does it mean to be human? <i>MENTAL: Colours of Wellbeing</i> invites us to reflect upon, question, empathise and embrace the diversity of the human mind and its complexities.</p> <p>Join our Education Specialists for a facilitated tour through <i>Mental</i> as we uncover the many ways of being, surviving and connecting in our modern age.</p> <p>The tour is available at \$5 per participant with limited slots. Same-day exhibition tickets will be required for the tour. Due to limited capacity, guests are encouraged to prebook their slots online via this link.</p>
<p>Wednesdays (7 Sep, 5 Oct, 4 Jan, 1 Feb)</p> <p>3pm – 4.30pm</p>	<p>The Sun, Basement 1</p>	<p>Wellness Wednesdays with Singapore Association for Mental Health</p> <p>ArtScience Museum is collaborating with Singapore Association for Mental Health (SAMH) on a series of art and wellness workshops on selected Wednesdays.</p> <p>The activities range from storytelling, contour drawing and dot-making to not doing anything at all! These experiential sessions provide individuals an opportunity to experience how art can serve as a form of expression based on the suggested theme. Artmaking allows one to have greater self-awareness of their inner thoughts and emotions. Participants do not need to have any art background to join, the only requirement is curiosity and interest! Recommended for 13 years old and up.</p> <p>Each session is available at \$35 per participant. Tickets can be booked here and include a free and easy visit to <i>MENTAL: Colours of Wellbeing</i>.</p>
<p>From 1 – 28 October 2022</p>	<p>At the Museum and online</p>	<p><i>Mental Health for All</i></p> <p>The theme for World Mental Health Day this year is <i>Make Mental Health & Well-Being for All a Global Priority</i>.</p> <p>Across the month of October, take time to focus on your mental health with a variety of workshops, drop-in activities, talks and</p>

Press Release



		<p>films you can take part in at ArtScience Museum. There will be opportunities to focus on the many aspects of wellbeing ranging from physical, mental and emotional health, to caring for our external environment. They consist of a mix of complimentary and paid programmes.</p> <p>For more information, please visit the website here.</p>
8 Oct, 7 Jan, 11am – 12.30pm	The Sun, Basement 1	<p>Your State of Mind with Lee Yi Xuan</p> <p>How do you express your feelings when there are no words to describe them? What if drawing circles could be the solution?</p> <p>Led by Singaporean artist Lee Yi Xuan, the masterclass is a mindful drawing exercise where you will scratch and scribble circles on a piece of acrylic block. Apart from drawing circles – a common method used in art therapy to help one express and understand their innermost feelings on a deeper level – you will also learn more about grounding techniques, a self-soothing method using various materials.</p> <p>At the end, participants will be able to enjoy a guided segment by Yi Xuan to view her work <i>State of Mind</i>, located in <i>MENTAL: Colours of Wellbeing</i>. She will share more on the concept and inspiration behind the artwork.</p> <p>The session is available at \$35 per participant, which includes a facilitated visit to <i>MENTAL: Colours of Wellbeing</i>. Tickets can be booked here. Recommended for 13 years old and up.</p>

MENTAL: Colours of Wellbeing will run from 3 September 2022 to 26 February 2023.

Tickets and Reservations

Tickets are available for purchase at all Marina Bay Sands box offices and website. Guests are strongly encouraged to pre-purchase tickets online prior to their visit.

Ticket prices as follows:

Press Release



	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 embeds galleries in leading Universities around the world, with proven success at engaging 15-25-year-olds in STEM

Press Release



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>

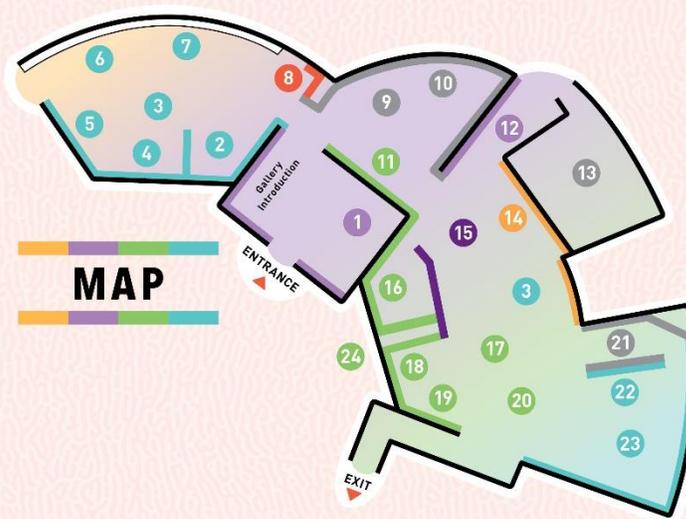
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For hi-res images, please click [here](#). (Credit images as indicated in the captions)

Press Release

APPENDIX I – EXHIBITION MAP



- | | | | | | |
|--|---|---|--|---|---|
| <p>1
MODEL: KITCHEN
Have you eaten?
Divaaagar</p>  | <p>5
ECHO
Connect to someone else's world.
Georgie Pinn</p>  | <p>9
DOING NOTHING WITH AI
What does doing nothing look like?
Emanuel Gollob</p>  | <p>13
DISTORTED CONSTELLATIONS
Can we trust our senses?
Nwando Ebizie</p>  | <p>17
HELLO HUMAN, HELLO MACHINE
Hello, who am I speaking to?
Rachel Hanlon</p>  | <p>21
SCENES FROM THERAPY
Therapy = Excavation of mind?
YANGERMEISTER (Tan Yang Er) and Yunora</p>  |
| <p>2
EVEN IN FEAR
How long before the balloon explodes?
Zhou Xiaohu</p>  | <p>6
MIRROR RITUAL
Mirror, mirror, what do you see?
Nina Rajcic and SensiLab</p>  | <p>10
MICROBIAL MOOD
Music x Gut x Mood
Sophia Charuhas</p>  | <p>14
NOISE AND CLOUD AND US
Do you feel in colour or in black and white?
Shwe Wutt Hmom</p>  | <p>18
SELFCARE 4EVA 2001
What is your self-care routine?
Caithlin O'Loughlen and Mary Angley</p>  | <p>22
PORTAL
Take a break.
Rawcus with Lead Artist Prue Stevenson</p>  |
| <p>3
CUSHIONS?
What do you use to cushion your mind?
Emily Fitzsimons</p>  | <p>7
WHEEL
Move well, feel well.
Hiromi Tango and Dr Emma Burrows</p>  | <p>11
CASPER'S EX
Does your phone have feelings?
Casper de Jong</p>  | <p>15
GO MENTAL
What is the soundscape of your mind?
Josh Muir</p>  | <p>19
KIND WORDS
Write a message to yourself or someone else.
Ziba Scott</p>  | <p>23
BETWEEN EARTH AND SKY
What does the weight of caregiving look like?
Atecia Neo</p>  |
| <p>4
ANXIETY ANIMATIONS
Anxiety.gif EYEAH!</p>  | <p>8
REMINDE ME LATER
Keeping up with the latest technology...
Tromarama</p>  | <p>12
STATE OF MIND
Can we express our thoughts without words?
Lee Yi Xuan</p>  | <p>16
THE AESTHETICS OF BEING DISAPPEARED
Do you use the Internet to escape?
Wednesday Kim</p>  | <p>20
THOUGHTFORMS
Ever wondered what your thoughts look like?
Dr Kellyann Geurts and Dr Indae Hwang</p>  | <p>24
ISOLATION CHAMBER
Watching and being watched.
Rory Randall and Indigo Daya</p>  |