



In Australia, around one in five people will experience a mental illness at some stage of their life, including alcohol or other substance abuse disorders. In extreme cases, mental illness can be debilitating, affecting all areas of a person's life from employment, to relationships, to everyday functioning.

Every image taken represents a certain mood of where a person is at a mental state of mind. Below are written a few to accompany the images:

- blending in the environment, feeling of not being here. Being invisible and meaningless. Everything feels grey and flat.
- reaching higher feeling that i can take on the world. I am invincible and i have this vast grandiose beliefs i have special powers
- security: unfolding into our existence. Being safe and protected by the environment embrace by a darker space
- conversations with myself: confused about what the next step is to do. I can't think properly. Get out of my head.
- self-loathing: strong feelings of worthlessness or guilt. Harshly criticising yourself for perceived faults and mistakes
- patterns connecting words, recent thoughts and recent experiences and linking everything together, trying to make sense of it all.
- polarities: belonging on the north and south barrier, belonging here and nowhere. Being and nothingness. Je vie done je suis in this infinite universe.
- rehearsing conversation out loud, it's like voices in my head that just can't stop talking what i should do and what i shouldn't do. Just get out of my head.
- the heaviness of my thoughts are getting too much. I can't carry this load anymore. Wish it all was clear and light.

**Disorientation - series of 12**

project value -  
type **DOCUMENTARY**  
client -

dimensions cm **3456 x 5184**  
status -  
location **MELBOURNE, VIC, AU**

