

**FOR IMMEDIATE RELEASE:**

**Stockbridge Artist Chosen by National Museum of Mental Health Project as Inaugural Exhibitor for Virtual Exhibition**



*STOCKBRIDGE, MA (October 3, 2022)* — The National Museum of Mental Health Project (NMMHP), Inc. is pleased to announce that an artistic collection from Stockbridge-based artist Natasha Wein has been selected as the inaugural displayed work for *I Get It* — a virtual exhibition about mental health and wellness in the 2020s.

Wein’s artwork is currently on display as part of a sneak preview of *I Get It* that is taking place on NMMHP’s social media pages. NMMHP is a Massachusetts-based non-profit whose mission is to strengthen mental health literacy through the arts nationwide by bringing the exhibition to you. *I Get It* is described as an ever-expanding, ever-changing mosaic of mental health and is NMMHP’s first virtual exhibition.

“I was once an egg too, inside myself for insulation, round and bloody.” So begins Wein’s contribution to *I Get It*— a recorded walkthrough of her 2021 solo show titled *These Four Walls* featuring a series of paintings and poems. The collection explores themes of personal growth and self-determination amidst times and places that challenge our notions of ourselves and others, and communicates her own emergence into adulthood.

Wein describes the stories told by her art as the stories “of the hurt and neglected parts of ourself, how to help them grow up and integrate into our adult selves.” The sprawling, deeply personal collection represents a strong launch-point for the *I Get It* exhibition, which is intended to be a communication platform for the exchange of creative energy that can lead toward better mental health.

The *I Get It* collection currently includes submissions from the United States and United Kingdom. However, it is no coincidence that the inaugural artist hails from the Berkshires— a second home to two board members of NMMHP, Paul Piwko and Anne Walton. The area’s vibrant arts culture made it a logical starting point in their search for creative submissions relating to mental health during the summer and fall of 2021.

Look for the sneak preview of *I Get It* and Natasha Wein’s submission on Facebook at National Museum of Mental Health Project, and Instagram at NMMHProject. A digital version of *These Four Walls* is available on Wein’s website at [www.nweinart.com/gallery](http://www.nweinart.com/gallery). More information about *I Get It* and NMMHP, including where to submit your own work, can be found at [www.nmmhproject.org/i-get-it](http://www.nmmhproject.org/i-get-it).

***About Natasha Wein***

Natasha Wein is a self-taught artist and writer raised in the San Francisco Bay Area now working out of Stockbridge, Massachusetts. Her process is founded on intuition, projection, and analysis, processing the dialogue between abstraction and language to study themes of liminality and transition, development and interference, connection and isolation, fragmentation and reconstruction, injury and mending, conflicted desires, and resilience. She primarily works with acrylic, gouache, watercolor, ink, and pencil on paper, canvas, Masonite, and recycled materials.

She also works with resin epoxy, making nature-inspired jewelry, keychains, and decor using harvested flora, fungi, and found dead insects from the surrounding area. Follow her on Instagram @nweinart and @berkshire\_resin\_art.

***About the National Museum of Mental Health Project***

The National Museum of Mental Health Project is a Massachusetts-based nonprofit organization and virtual museum whose mission is “strengthening mental health literacy through the arts nationwide by bringing the exhibition to you.” The roots of NMMHP connect to a research fellowship at Assumption University, and to several other colleges and universities. In 2022, NMMHP was recognized in the American Alliance of Museums *TrendsWatch* report for its collaborations at the nexus of mental health and the arts. Alexandra Orlandi and Paul Piwko, co-developers of NMMHP who met at Assumption University, have been published in the *Des Moines Register*, *Coloradoan*, *Springfield Republican*, and elsewhere. The National Museum of Mental Health Project has been developed through guidance and collaboration with students (and faculty) from the following institutions: Assumption University; Clark University; College of the Holy Cross; Dakota Wesleyan University; and William James College.

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Picture (below): Image from *These Four Walls*

Image courtesy of Natasha Wein.



## BIRTH

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I ALWAYS THOUGHT  
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I ASK MY PARENTS  
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BIRTH