



25 August 2009

**MORAY Locals Called On To Put Themselves In The Frame
As 'see me' Launches National Photography Competition**

'see me' – Scotland's national campaign to end stigma and discrimination around mental ill-health has launched a national photography competition, A Positive Frame of Mind, and **MORAY ART CENTRE** is calling on locals in **MORAY** to get involved.

Following the success of 2008 activity, the photo competition returns for a second year with the theme 'Be there. Be yourself'. Budding photographers are being asked to send in captioned photos that illustrate their interpretation of this year's theme.

One winner from each region will be entered into the national final where they will be in with the chance to win some great prizes and see their work displayed at a public exhibition.

Suzie Vestri, 'see me' Campaign Director, comments: "At 'see me' we know that minds are changed with pictures as much as words.

"The photo competition allows the whole community to get involved, giving them the chance to show off their skills and stir ideas in others."

Scott Byrne of **Moray Art Centre** says: "We all use photos to capture the most important moments in our lives, and this is a great opportunity for the people of **MORAY** to be creative with their cameras and show us what this year's theme means to them."

"We are looking forward to welcoming photographs from across **the region**; no matter your age, where you are or how experienced at photography you are."

Tony Marsh, noted photographer and competition judge, says: "The great thing about photography competitions is that everyone sees the world in a slightly different way and can bring their own background and circumstance to the fore.

“We want people to get out there with their camera and share their best shots with us.

“Take lots of pics, be honest in your photography and challenge yourself – but most importantly, enjoy it!”

The closing date for all entries is 18th September 2009. For more information on how you can enter, please go to www.seemescotland.org.

Notes to Editors

- **For more information or images please contact**
Scott Byrne at MORAY ART CENTRE
on 01309 692 426 or seeme@morayartcentre.org
- The ‘see me’ anti-stigma campaign is owned and run by an alliance of five Scottish mental health organisations: Highland Users Group (HUG), National Schizophrenia Fellowship (Scotland), Penumbra, Royal College of Psychiatrists (Scottish Division) and Scottish Association for Mental Health (SAMH).
- ‘see me’ is fully funded by the Scottish Government
- The ‘see me’ campaign features a programme of events and local and national initiatives to reduce the stigma faced by people with mental health problems throughout Scotland.
- The ‘see me’ website www.seemescotland.org acts as a signpost site for those seeking information on stigma, mental health problems and support services in Scotland.
- Moray Art Centre is one of many regional hosts to the competition.