

The background features large, overlapping abstract shapes in teal and orange. Two light blue circles are overlaid on these shapes, containing text.

CAPS

Independent Advocacy

Get involved!

Contact Pam

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CAPS Independent Advocacy

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CAPS Independent Advocacy is a Scottish
Charitable Incorporated Organisation. Scottish
Charity Number: SC021772

**Art as Advocacy
& Out of Sight Out of
Mind Exhibition**

Helping you have a stronger voice!

CAPS
Art As Advocacy

About the project

This project is for people who have lived experience of mental health issues who want to use the arts as a way to have their voices heard.

People get involved in the Edinburgh Thrive Arts Programme and the Scottish Mental Health Arts Festival.

A Planning Group organise Out of Sight Out of Mind, an annual exhibition that shows artworks made by people who have experience of mental health issues. It takes place in Edinburgh during October. Find out about showing your artwork or getting involved with the Planning Group.



Photos by Chris Scott

Visit the website
outofsightoutofmind.scot
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or call 07989 402 634

“I have been helping with Out of Sight Out of Mind for several years now and enjoy the camaraderie involved with both organising and participating.”



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