



**Sam worked with visual artist Lizzie Chapman to create a beautiful artwork to inspire hope during this time and offer support to people who might be struggling with their mental health.**

Talking about the art and process, Sam says: "I was thinking about the lockdown and that we could do something with rainbows and mental health as we're all in this together. Everyone is struggling. We all need to talk. It's important because everyone needs support."

"I think young people have more knowledge of mental health. Young people have ideas about the future and what needs to change. I think we need a change in mental health. People need help and to know more and know how to help. We need more creative stuff to do with mental health. I don't think there's enough of that because people are struggling."

Artist Lizzie Chapman says: "Upon our first online meeting Sam had an abundance of initial ideas for creating a piece of artwork which represents a hopeful, positive vision for the future."

"Sam's intentions for the piece were centred around mental health and raising awareness of the benefits of seeking support from those in your 'bubbles'. Sam wanted the artwork to be colourful and after finding some inspiration from existing street art she found in her local area and a collage with a composition she really liked, which featured some hills and an orange segment sun in the centre rising from the valleys."

"Starting to get her ideas into draft sketches Sam explained she hoped to feature hills in the piece we were designing together, with a winding road leading to a rainbow arching over the road off in the distance- explaining this is to symbolise 'the road to recovery' and the rainbow a symbol of hope and new beginnings."

"Nature is very important to Sam, she wanted to feature butterflies in the artwork too- a representation of change. Samantha chose some beautiful words which resonated with her, phrases she hoped would offer some support for others who might be struggling and for anyone who may need to hear an uplifting message on their own journey to a more positive future."