

Catholic Charities Hope Community Support Program presents

A very special preview of:

What Mental Illness Feels Like-Images & Stories

By: Photographer Barb Kellogg

- **Where: Hope Community Support Program**
 - 157 Roosevelt Road, St. Cloud MN
- **When: April 16th-19th, Monday-Thursday**
- **Viewing Hours: 9-3pm**
 - Barb will be here in person from 11-2pm on Wednesday the 18th and Thursday the 19th



ABOUT THE PROJECT:

Barb Kellogg created “What Mental Illness Feels Like—Images & Stories”, a photography project inspired by conversations with a friend who battled depression. The result of those conversations was a better understanding, not of the text book definition of the illness, but of how it actually felt in terms Barb could relate to. His experience eventually made her wonder how she, as a photographer, could translate mental illness so that people without it could visually see how it feels, and hopefully relate in some way. After interviewing people living with mental illness, Barb created visual analogy photographs for each person based on conversations with her about what their mental illness felt like. The exhibit also includes short stories and portraits of people Barb interviewed. *The goal of the project is to create understanding of mental illness, decrease stigma, and, ultimately, to humanize it.*

Living in Avon, Minnesota, Barb Kellogg has exhibited in central Minnesota and the Twin Cities. Barb is primarily a fine art nature photographer, and her art is often described as painterly, sentimental, or elegant and timeless. Her journey is to create photographic art that is *about* something, not *of* something. Whether consciously or not, she asks herself, “What do I want this image to feel like?” Her vision collaborates with the camera (including digital or film choice, and the endless variety of shutter speeds, apertures, focal lengths, and compositions) and the digital darkroom to create meaningful images. Photographing nature is her first love, especially flowers. In addition to nature, conceptual “visual analogy” photography opens up a whole new world where imagination reigns. It lets Barb expand her creativity beyond nature, while often still including it.

For more information on the project and her other work, visit Barb’s website www.BarbKelloggPhotography.com