

Why is this SO Important?

Isolation and loneliness are some of the most difficult parts of mental illness. You *don't* have to feel that way.

You are not alone!



We want you to understand that **It's Ok to Not be Ok** and it's important to talk about it!



Sharing your mental health struggles with someone tells that person they can share with you too!

Six Messages of Hope

- You Matter
- It's Ok to Not Be Ok
- No Feeling is Final
- Never Ever Give Up
- You Are Not Alone
- Hold On to Hope

Want to get involved?

Visit paintpositive.org to learn more about the project, find an event near you, and sign up to volunteer or donate. You can also follow The Positive Painting Project on social media to stay up-to-date on its latest news and events.

Todd & Alisa Whysong

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[@thepositivepaintingproject](https://www.instagram.com/thepositivepaintingproject)

[#positivepaintingproject](https://www.facebook.com/positivepaintingproject)

About Katie Whysong

Katie Whysong was a talented artist and a passionate advocate for mental health awareness. She believed that art could be a powerful tool for healing and connection. Katie was 15 when she died by suicide in 2021. The Positive Painting Project is the continuation of her vision.



PAINTPOSITIVE.ORG

THE POSITIVE PAINTING PROJECT

Inspired by Katie Whysong

*Spreading Hope
One Sign at a Time*



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What is the Positive Painting Project?

The Positive Painting Project is a community-based organization that uses visual art to promote positive mental health and suicide prevention. We believe that art can be a powerful tool for healing and connection, and we are committed to providing opportunities for people of all ages to create and share their own art.

What's the Purpose?

Our mission is to:

- Provide opportunities for people to create art that expresses their positive thoughts and feelings.
- Promote positive mental health and suicide prevention through art education and outreach.
- Break the stigma surrounding mental illness and suicide.

We believe that everyone has the power to create positive change in the world, and we are committed to using art to make a difference.

How does it work?

1

THE ART

We ask you to paint a bright, colorful painting on a canvas board.



2

THE MESSAGE

We screen-print heart shaped messages of hope and mental health awareness on your canvas.



3

THE DISPLAY

We give your paintings back to you to display, spreading hope, positivity and encouragement throughout your school, workplace, and community!

