

OUT FROM THE MIST

Representations of Mental Illness

Our Judges



Steve Wise



Steve Parish



Kris Anderson



Harriet Tarbuck

What they're looking for

- ✓ Emotional Impact
- ✓ Authenticity and Intention
- ✓ Creativity and Artistic Expression
- ✓ Technical Consideration
- ✓ Connection to Mental Health

Criteria

Emotional Impact

We're looking for images that evoke genuine emotion—those that make us pause, reflect, and feel. The most powerful entries will tell a story or convey emotion in a way that connects deeply with the viewer, especially in the context of mental health.

Authenticity and Intention

The strongest images are honest, purposeful, and true to your lived experience. We want to feel the 'why' behind the photo—what it means to you and why you created it. Captions that complement the image and offer insight into your story can strengthen this connection.

Creativity & Artistic Expression

Originality matters. Whether abstract or literal, subtle or bold—use of light, shadow, colour, symbolism, and composition should enhance the story or emotion you're conveying. Creativity in how you express your message is encouraged.

Technical Consideration

Solid camera craft supports the story. While technical perfection isn't required, attention to elements like exposure, focus, framing, and post-production can help guide the viewer's eye and elevate the overall impact of your image.

Connection to Mental Health

Entries should clearly relate to mental health—whether by challenging stigma, sharing lived experience, or offering messages of resilience and transformation. The image and its message should contribute meaningfully to the broader conversation on mental well-being.

“Show us what it feels like to be you — reveal something we didn't expect, something we didn't understand — until now.”