

# THE INAUGURAL STANDTALL4PTS ARTS COMPETITION **HOPE AND RECOVERY**

We at Stand Tall for PTS have long held a belief that creativity of any sort can be a healing agent for any kind of PTSD and mental trauma which is why we have inaugurated this competition to run in conjunction our ground breaking International Forum PTS21. This is a small beginning for an initiative which we hope will grow in the ensuing years. An initiative which we feel will improve many lives and who knows, could just save some lives.

The creative range is quite broad and in this first year we are inviting artists to display their feelings and their skills in Watercolour, Acrylic, Oils, Charcoal, Sketching, Photography and Videography.

We are inviting entrants from all walks of life not just Military, Veterans and First Responders which are seen generally to be our major focus. We recognise that there are many, many other Australians deserving of our attention and they too are hard to ignore.

Too often, creative outpourings from artists in these areas tend to be dark as they express how they feel. We would like this competition to concentrate on Hope and Recovery. We would like our entrants to show us what these feelings look like to them. As a common analogy what is their idea of the light at the end of the tunnel.

PTS21 will be a gathering of some of the best minds and carers in the space of PTSD and Mental Trauma. Over three days in September they will be arriving at a series of recommendations to give to the authorities on Transition, Suicide and Models of Care. These people will be privy to the entries which are in by this time and they could influence their thinking. You and they can truly help with changes for the better. Please don't be sparing with your ideas and interpretations. As my contemporaries in the sixties used to say, Let it all Hang Out.

We are keen to show the world what you believe Hope and Recovery looks like as we negotiate the possibility of an exhibition at the State Library of Queensland.

Tony Dell

Founder of Stand Tall for PTS.  
GOOD LUCK