

NIMN MENTAL
HEALTH
ARTS FEST

AT A

GLANCE

MONDAY 18TH

11am - **Fears - 'two_'** Premiere

3:30pm - **NIMHAF Big Sing
For Wellness**

5pm - **John Patrick Higgins &
Triona Doyle 'All Within'**

6pm - **Grace Fairley
'Submerged' Premiere**

7pm - **Denis Jackson Wade Yoga**

WEDNESDAY 20TH

11am - **"I follow my millennial death
lust wherever it takes me"**

**Jennifer Meighan & Bassam Al-Sabah
premiere**

12am - **Beyond Skin Decompress Stress**

3:30pm - **NIMHAF Big Sing
For Wellness**

5pm - **Kathryn McGrane
'Ballymacdermot Mountain' Premiere**

7pm - **Brain Injury Matters Film
Premiere**

KEEP IT ZESTY

INSTAGRAM TAKEOVER

TUESDAY 19TH

11am - **The Movement Collective
'What Are My Feet Doing?'**
Premiere

3:30pm - **NIMHAF Big Sing
For Wellness**

5pm - **'The Yellow Wallpaper'
a conversation on Perinatal
Depression with Cheryl Gault**

7pm - **Gemma Hutton Facebook Live
Q&A**

UNIVERSITY OF ATYPICAL

THURSDAY 21ST

11am - **Jonathan Brennan 'Mamalujo'
Premiere**

12am - **Dr Robin Price 'The Bay'**

3:30pm - **NIMHAF Big Sing
For Wellness**

5pm - **Philip Quinn 'I, Me, Mine'
Premiere**

7pm - **Helen Sloan Q&A
Facebook Live**

DIFYLABS INSTAGRAM TAKEOVER

FRIDAY 22ND

11am – Elly Makem 'Just Do It'

**3:30pm – NIMHAF Big Sing
For Wellness**

**7pm – Inspire 'The Craving Mind'
A compassionate conversation**

**8pm – Ellen and Edie present:
Online Burlesque Extravaganza!**

MINDWISE INSTAGRAM TAKEOVER

SUNDAY 24TH

**11am – Beyond SKin 'Mind Harp'
Workshop**

**3:30pm – EG & Friends Identity
Special on The 343 Radio**

**5pm – Louise Parker 'Mind On Body'
Premiere**

**7pm – The Armagh Rhymers
'Postcard Armagh'**

**5TH ELEMENT INSTAGRAM
TAKEOVER**

SATURDAY 23RD

**11am – NIMHAF Big Sing
For Wellness**

**3:30pm – Emily Kane
'Natural Dying Workshop'**

**5pm – Richard Bailie & Charly Sproule
'Contingency!'**

**8pm – Paul Currie 'Turbo Hallion'
Instagram Live Comedy Show**

10pm – Minds Party! DJ Sets

PAUL CURRIE INSTAGRAM TAKEOVER

THROUGHOUT THE FESTIVAL

OPEN CALL – Exhibition 'Identity'

**OPEN CALL – Poetry Collection
'Isolation'**

**Brain Injury Matters 'Displaced'
Exhibition**

**James Ashe 'Distant But Together'
'The Strand Movie Pics'**

Dr Helen Sharp 'Holism'

**All Events on nimhaf.org
Unless Stated Otherwise**