

The exhibition presented here is very special. You are about to discover a project that is both artistic and scientific.

On one side, young people living with mental health challenges; on the other, a research team creating a space to hear what isn't always said out loud.

These young people expressed themselves—in words, in images, sometimes in silence—to share their strength, their shifting identities, their unique journeys of recovery.

The photos and texts shown here remind us that “getting better” is not a box to tick: you don't just “feel well” the way the seasons change.

Recovery is rediscovering the desire to dream of tomorrow.

It's weaving connections—with oneself, with others, with the living world.

It's claiming the right to decide for oneself, especially when one is vulnerable.

It's redefining what “being well” means, on one's own terms.

TO LIVE

To live in an environment that doesn't wound.

And to receive support—not just in moments of crisis, but in everyday life.

Their stories outline a path in four dimensions:

The intrapersonal: because recovery is anything but linear. It sways, it doubts, it spirals forward.

The identity-based: a space to redefine oneself, to reclaim power.

The contextual dimension: because healing doesn't happen alone, and never in a vacuum. These young people speak of a world that doesn't always speak their language, even when it wants to help.

The structural and political: because their well-being runs up against norms, boxes, and systems that forget to see the person first.

What they're telling us, at its core, is simple and deeply moving:

Recovery cannot be standardized.

We must listen—truly.

Acknowledge the diversity of paths.

And transform how we offer support—so that our approaches follow life, not the other way around.

This isn't just an exhibition. It's an invitation.

To a meeting—with courageous voices, meaningful images, and truths shared with authenticity.

Thank you for being here to listen.