

Associate Artist - Deborah Porter

Deborah is a Hampshire artist studying at Winchester, Portsmouth and finally London. She uses Art Journaling as her recovery art to end the stigma and stereotyping of people living with Mental Health conditions. She shares that tool Core Art Journaling with teenagers and adults working with Hampshire NHS CAMHS and other local organizations and schools.

Her expressive use of collage and mixed media encourages tactiliness and honesty in each layer on the page. It is the physical creative connecting and being mindful whilst in full flow that makes her art focus on the process rather than a final showpiece. Her Art journals become a safe non-judgmental space to creatively unravel her stories.

She works daily, connecting and working on her own daily wellbeing. Her mission is ART FOR ALL and to open a creative path to help teenagers and adults with their own wellbeing and mental health.

Contact / more info:

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