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Take your best shot for Mental Health Month

Living with a mental illness can be stressful, but for Richard Helich, life beyond the lens is the antidote.

“I have bipolar and have had to deal with mental illness most of my life, but photography helps me deal with the ups and downs and allows me to really focus on what I love – photography and nature,” he says.

Richard, 56, has entered our Living Well Photo Competition, aimed at encouraging patients, former patients and carers to focus on the people and places that help them through the tough times.

Armed with two trusty Nikons and a Fujifilm camera, Richard has photographed thousands of nature shots over the past 25 years around Dee Why.

He has submitted two of his favourites for the competition being run during Mental Health Month.

“I got into photography when I was in school and have continued ever since. It started out as a hobby but has turned into something bigger. I love doing landscape photography, and capturing the sunrise is inspiring to me. I get enthusiastic about nature and being the right place at the right time.”

It is this sort of enthusiasm that judge Jingjing Gong will be seeking in the images.

"This is the first time I've been a judge, but I love travelling and have formed an appreciation for photography," she says.

"I'll be looking for optimism in the photos that I vote for. For our clients, photography really means something and it's their chance to be recognised."

Entries from finalists are on display in the foyer of the Professor Marie Bashir Centre, Missenden Rd, Camperdown until this Friday. Winners will be announced on October 17.



Richard Helich with his submission below.

