

Carolyn Mair

Wellbeing in fashion and the creative industries

Purpose:

To disseminate outcomes from a recent panel discussion on mental health in fashion and the creative industries.

Background:

World Mental Health Day (WMHD) is held annually on 10th October to raise awareness of mental health issues, mobilise efforts to support psychological wellbeing and discuss the potential to make mental health care a reality for people worldwide. One in four people in the UK will experience a mental health problem each year, and for individuals working in creative industries, the incidence is allegedly one in three.

Methods:

A multidisciplinary panel, drawn together to explore known mental health issues in fashion and creative industries and propose means of addressing them, took place at London College of Fashion (LCF) on WMHD16. The event was sponsored by BPS London & Home Counties branch (LHC). The audience of 250 comprised students, academics, practitioners from psychology, fashion, art and related disciplines and public. The panel comprised fashion commentator and activist for diversity, Prof Caryn Franklin MBE; fashion model and health advocate, Rosie Nelson; Clinical Psychologist, and ex-ballerina, Dr Annmarie Rankin; and Consultant Psychiatrist, Chair of the Adamson Collection Trust and Director of the Bethlem Gallery, Dr David O'Flynn. The panel was Chaired by Subject Director Psychology LCF, Dr Carolyn Mair, CPsychol, FBPsS, who is also Chair of LHC branch.

Conclusions:

MH in fashion and the creative industries is poor. In an attempt to alleviate the situation, a working party has formed to develop an accessible, consistent and effective service to improve wellbeing in these industries.