

“Our Hidden Faces” by A. Clifford Hotchkiss

A. Clifford Hotchkiss’ intimate photographic exposé on the facets of mental illness seeks to educate us about the personal impact of having to put on a public face to hide your feelings by showing multiple exposures on a single piece of film.

Nearly 50 million people a year experience mental illness, this represents one in five Americans. Far too few receive the help they need. “Our Hidden Faces” rose out of discussions I had with my daughter while she was taking the first steps back. She felt she couldn’t be herself and found it exhausting. Upon further discussion I realized I could represent this separation, this split, on film.



Silver Getatin 11” x 14” \$500.00

Silver Gelatin 16” x 20” \$800.00

Silence, which involves going out to local schools and youth programs to talk about my own personal recovery journey as well as educate the teens about identifying warning signs and how to find help for themselves and their friends.

“Becca”

I live with Bipolar 2 disorder, PTSD, ADHD, and Anxiety. I am a sexual abuse survivor. I am a very grateful recovering alcoholic and drug addict. I am an active participant in my recovery and dedicate my time using my own experience to help others. I struggled severely with my mental illness during my teen years, so it’s incredibly rewarding for me to show teens that help is available and that they are not alone. I run our teen mental health awareness education program at NAMI, Ending the

“Jeffrey”

I’ve been dealing with depression and anxiety for a long time. Now an aspiring photographer, I am passionate about photographing the city and landscapes where I can find peace and focus.



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A few years ago I had to withdraw from college during my third year. If I hadn't left then I would have ended up killing myself, and it wouldn't have been my first time trying. I realized then that I was sick but I hadn't yet started to believe things would get better. These past years have been a roller-coaster; from only getting out of bed for therapy twice a week, to getting a job and making friends, to finally living on my own and starting my studies over at a new school. After my own mind tried to destroy me I was able to learn how to love and prioritize myself. I was able to stop giving so much of myself to people and places who gave me nothing but traumatic memories. I was able to grow into the strong, passionate, and independent woman I am today. This time I focused on my mental health and my mental health alone. I'm so thankful I had this option and this opportunity but so many people don't. So many people end up in the same place I was headed. Suicide is the 10th leading cause of death in the United States. This is a problem that needs fixing. This really is life or death. Mental health affects so many people, you really have no idea.

“Millie”

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“Cliff”

In addition to my own struggles with Depression, ADHD, and OCD for most of my adult life, I have had to watch my daughter struggle with the same problems, though in very different ways.

Support is essentially important, both professional and personal. While each person's struggle with mental illness is unique, no one should walk alone. My daughter was the inspiration of “*Our Hidden Faces*”, I decided that in order to fully express both the illness and my experience with it, that the time was right for my first self-portrait.



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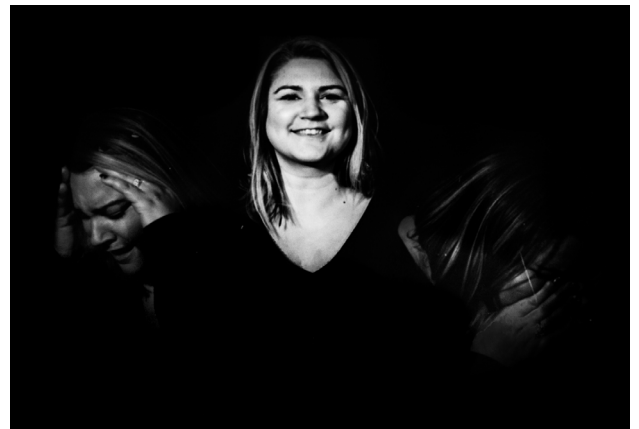
Silver Gelatin 16” x 20” \$800.00

“Rayna”

Mental illness also affects loved ones. We often don't realize both the emotional and physical impact on family and friends this disease has. My son has Schizoaffective disorder, and has been hospitalized 28 times. He has no insight into his illness. Less than 1% of the American population suffer from Schizoaffective Disorder. Schizoaffective disorder is a chronic mental health condition characterized primarily by symptoms of Schizophrenia, such as hallucinations or delusions, and symptoms of a mood disorder, such as mania and depression.

“Amy”

Clinical depression and anxiety can be completely crippling at times. The support and coping mechanisms I have learned over the years have saved my life many times over. I was so long in the dark about it. I felt so lost for a long time that now I feel it's the responsible thing to do to help others and let them know that there is hope and help. An estimated 48 million Americans suffer from Anxiety disorders. Learning coping mechanisms and forming a solid support network are essential to being able to live life.



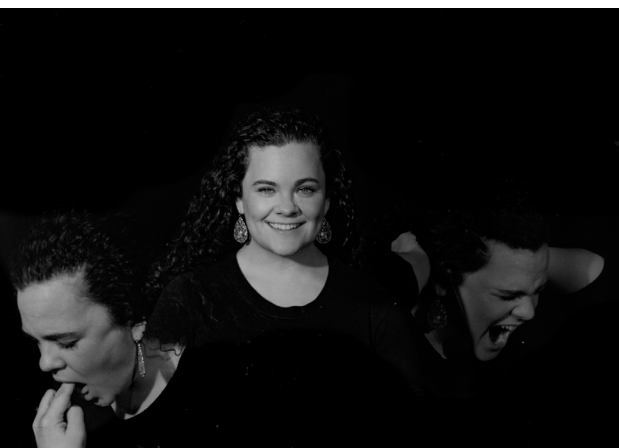
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“Carly”

Anxiety, Control, and Disordered Eating ruled my life for so long. But now, thanks to saying “YES” to help, by finding an outpatient program for Disordered Eating, seeing a regular therapist, exploring medication and setting healthy boundaries for myself, I have enabled the recovery to set me free.

Some days are still hard, but I will keep shining!



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1 in 5 U.S. adults experience mental illness each year.

1 in 25 U.S. adults experience serious mental illness each year.

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.

50% of all lifetime mental illness begins by age 14, and 75% by age 24.

Suicide is the 2nd leading cause of death among people aged 10-34 .

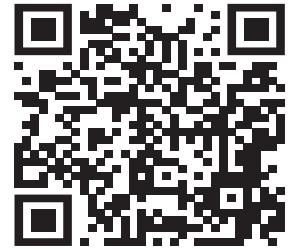
Suicide Helpline - (215) 686-4420

Crisis Text Line - "HOME" to 741741

Mental Health Delegate - (215) 685-6440

Philadelphia Warmline - 855-507-9276 or 855-507-3945

NAMI Philadelphia Warmline - 267-687-4381 Option 1



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info@thespacephiladelphia.com

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