



## **PRESS RELEASE:**

**On Tuesday September 18 The Fifth Season and Beautiful Distress present the book *Beautiful Distress* and the exposition *Mental Superpowers* by artist Jan Hoek in the new Beautiful Distress House**

*Amsterdam, September 2018 - Het Vijfde Seizoen ( "The Fifth Season" ) and Beautiful Distress present the book *Beautiful Distress* and open the new Beautiful Distress House with the exposition *Mental Superpowers* by Jan Hoek on **Tuesday September 18** in Amsterdam.*

***Through art projects both Foundations visualize mental suffering in an attempt to break taboos.***

### **Festive Book presentation**

The book *Beautiful Distress* is the result of the Beautiful Distress Art Manifestation on Mental illness and Conference that took place in Amsterdam during the fall of 2017 in Amsterdam, organized by the foundations Het Vijfde Seizoen and Beautiful Distress. The book consists of the Exhibition Catalog with related texts and an extensive report of the Conference, including Recommendations for reducing stigma surrounding mental illnesses.

### **Opening BEAUTIFUL DISTRESS House**

The Beautiful Distress House is the joint space of Het Vijfde Seizoen and Beautiful Distress in the dynamic NDSM -area in Amsterdam North. This will be the new exhibition space for the artworks made by the artists during their 3 -month during residency in the mental health institutions in respectively Den Dolder and New York.

The Beautiful Distress House also will be a place for meetings, discussion, events and unexpected encounters around art and psychiatry.

### **Opening Exposition MENTAL SUPERPOWERS – Jan Hoek**

Following the book presentation, we will open the exposition Mental Superpowers: works made by the artist Jan Hoek during his residency period in the spring of 2018 in the Kings County Hospital in New York, where he stayed through the Beautiful Distress foundation. On the exposition:

Vincent van Gogh, Lady GaGa, Diane Arbus, Kurt Cobain, the list of famous artists with a mental disorder that have gone down in history as brilliant is endless. But how do we define who is labeled as a brilliant genius and who as 'mentally ill' ? Can we also see a different mental condition as a Superpower?



This was the question Jan Hoek asked himself during his residency period. Jan Hoek (a little mental himself) made the comic book Mental Superpowers, together with the 'patients' of the hospital.

In psychiatric center Mentrum (1e Constantijn Huygenstraat 38, Amsterdam) another exposition of Jan Hoek can be visited. Tours are organised with employees and ex-patients through the exposition and the world of psychiatry.



WHEN: Tuesday September 18, walk-in from 5.30 pm

The program starts at 6 pm

The exposition runs until October 8, 2018

WHERE: Beautiful Distress House, Ms van Riemsdijkweg 41a, 1033 RC Amsterdam Noord

---

PARTICIPATING ARTISTS (several artists are yet to be confirmed)

Laurence Aëgerter, Aram Tanis, Marieke Zwart, Aldo van den Broek, Yasmijn Karhof, Dirk van Lieshout, Voebe de Gruyter, Marijn Ottenhof, Coco Young, Domenico Mangano & Marieke van Rooy, Kostana Banovic, Doris Denekamp & Geert van Mil, Jantine Wijnja, Rebecca Chamberlain, Guy Richards Smit, Frank Koolen, Anno Dijkstra, Aimée Zito Lema, Alet Pilon, Anouk Kruithof, Lotte van Lieshout, Roos Rebergen & Tim van Oosten (RoosBeef), Jikke van Loon, Marisca Voskamp, Annemiek Vera, Jean Bernard Koeman, Annaleen Louwes, Christiaan Bastiaans, Berend Strik, Erik van Lieshout, Roy Villevoeye, Fransje Killaars, Ingmar Heytze, Lisette Verkerk, Menno Wigman, Olivia Glebbeek & Evelien Krijl, Mario Rizzi, Mella Jaarsma & Yudi Tajudin, Nina Glockner, Tobias Groot, Enrico Garzaro, Anna Lenartowska

=====  
=====

**About Het Vijfde Seizoen**

Het Vijfde Seizoen has organized residencies in a mental hospital in The Netherlands since 1998. Every year, professional artists are invited to live and work on location to create new work with the institute's patients and employees. The resulting art



projects tell their stories and address perceptions of mental illness. Het Vijfde Seizoen is an independent foundation that receives financial support from various institutions and funds.

[www.vijfde-seizoen.nl](http://www.vijfde-seizoen.nl)

**About Beautiful Distress**

Artist residency, mental health department of Kings County Hospital in Brooklyn, New York

The Beautiful Distress Foundation was founded on the concept that there is a great deal of mental suffering, that not enough people are aware of this, and that too little is done to offer relief. Beautiful Distress uses art to bring to light this suffering as well as enhance the understanding of and compassion for those who deal with mental illness. Inspired by Het Vijfde Seizoen Foundation, Beautiful Distress has organized artist residencies in the mental health department of Kings County Hospital in Brooklyn, New York since 2014.

[www.beautifuldistress.org](http://www.beautifuldistress.org)

=====  
=====

For more information and to obtain review copies of the book Beautiful Distress (in pdf under embargo till September 18) please contact:

Fleur Kuypers

Phone: 0031 6 22 45 46 79

Email: [info@beautifuldistress.org](mailto:info@beautifuldistress.org)

[www.beautifuldistress.org](http://www.beautifuldistress.org)