

Online exhibition 'Stalking Shadow' - A photographic journey through mental health

Helsinki-based photographer Svante Gullichsen's work draws on the mystical character often associated with nature in the culture of Nordic countries.

Central to Gullichsen's work are topics around mental health issues, the relation between human and nature as well as the fundamental relation between darkness and light.

In his projects he explores - usually through self-portraits - the experience of living with an obsessive-compulsive disorder.

"Stalking Shadows" poignantly captures the intricate layers of mental health experiences. The exhibition's central focus is to open a dialogue surrounding mental health, shedding light on the struggles of OCD, self destructiveness, shame, triumphs of overcoming one's fears, and eventual healing that individuals undergo.

Svante Gullichsen's photographic journey is marked by three phases – the silent accumulation of mental health issues, the experience of living with obsessive-compulsive disorder (OCD) and finally, a retrospective perspective - offering a unique personal perspective on the journey towards mental towards mental well-being.

In only a short time Svante Gullichsen has made a name for himself and gained an international reputation for his innovative and thought-provoking photography, which has garnered critical acclaim and captivated audiences beyond his home country Finland.

Link for entering the viewing room - [Viewing Room](#)