

On Saturday, July 11, 2026 at 2:55PM ET

Connecting Art to Mental Health

Wine Art Gallery, New Orleans honoring National Self Care Day by hosting event which connects art to positive mental health outcomes.

NEW ORLEANS, LA / [ACCESS Newswire](#) / July 11, 2026 / The mission of Wine Art Gallery is to create an inclusive and peaceful environment where art lovers and artists can gather to share their stories. In addition to the gallery's mission all Gallery representatives have a background or interest in mental health. Gallerist and owner Brett Campbell who has an undergraduate degree in psychology and masters degree in communications, spent most of his career working alongside behavioral health organizations. Taevione Davis and Tieranni Parquet who are spearheading the upcoming event, as well as Marc Mahtook, currently work in behavioral health. Camille Perret is off to study psychology at the University of Colorado.

The mission of the gallery and the backgrounds of its individuals aligned perfectly with the goal of self-care day to prioritize wellness through mindfulness exercises, digital detoxes, getting adequate sleep, and scheduling hobbies that help replenish your energy.

Art replenishes your energy by stimulating the brain's reward center and lowering levels of the stress hormone cortisol. Engaging in creative activities triggers the release of neurotransmitters like dopamine and serotonin, boosting your mood, motivation, and mental clarity while inducing a mindful, restorative state.

Wine Art Gallery's July 24th event showcases Charmaine Chanikira, London artist and art psychotherapist with both undergraduate and graduate degrees in mental health. Charmaine will be answering preselected questions about her art and mental health.

About Wine Art Gallery:

Wine Art Gallery was founded by Brett Campbell. Brett Campbell is widely considered one of the most visible and influential digital art curators in the world. Operating under his high profile Instagram handle "thebrettcampbell" he has amassed a massive following of over 900,000 followers.

Wine Art Gallery is very proud to coexist with many galleries on Julia Street in The Arts District of New Orleans. Anchored by 2 Michelin Star restaurants; Emerils and Pêche, Julia Street is the perfect location for the cultural melting pot of galleries and artists represented by the Wine Art Gallery. Wine Art Gallery embraces its local culture while honoring its past. The gallery is proud to call New Orleans home and proud of its artists, with a deep bench of the most talented emerging artists from around the world.

The goal of Wine Art Gallery is to give back to emerging artists while honoring the unique and storied history of the Great City of New Orleans. Wine Art Gallery works very hard to find new local talent. What makes The Gallery different is the constant search for new international artists as well as its effort to give a voice to those who may not otherwise have one. Over 80% of The Gallery Artists are Female and Underrepresented Artists.

CONTACT

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SOURCE: Wine Art Gallery