



Alex Mortensen

Australia

Recently graduated with a degree in Philosophy and Literature from the University of Melbourne, Alex, 25, is now pursuing a career in writing, endeavouring to convey a more true and empathic understanding of epilepsy and mental health.

Neurotransmission, his first official publication, was released earlier this year with volume 1 containing his own works and subsequent editions focusing on fostering a creative dialogue about epilepsy.

The book is available at select bookstores in Melbourne (Paperback Bookstore, Brunswick Bound) or through his [website](#).



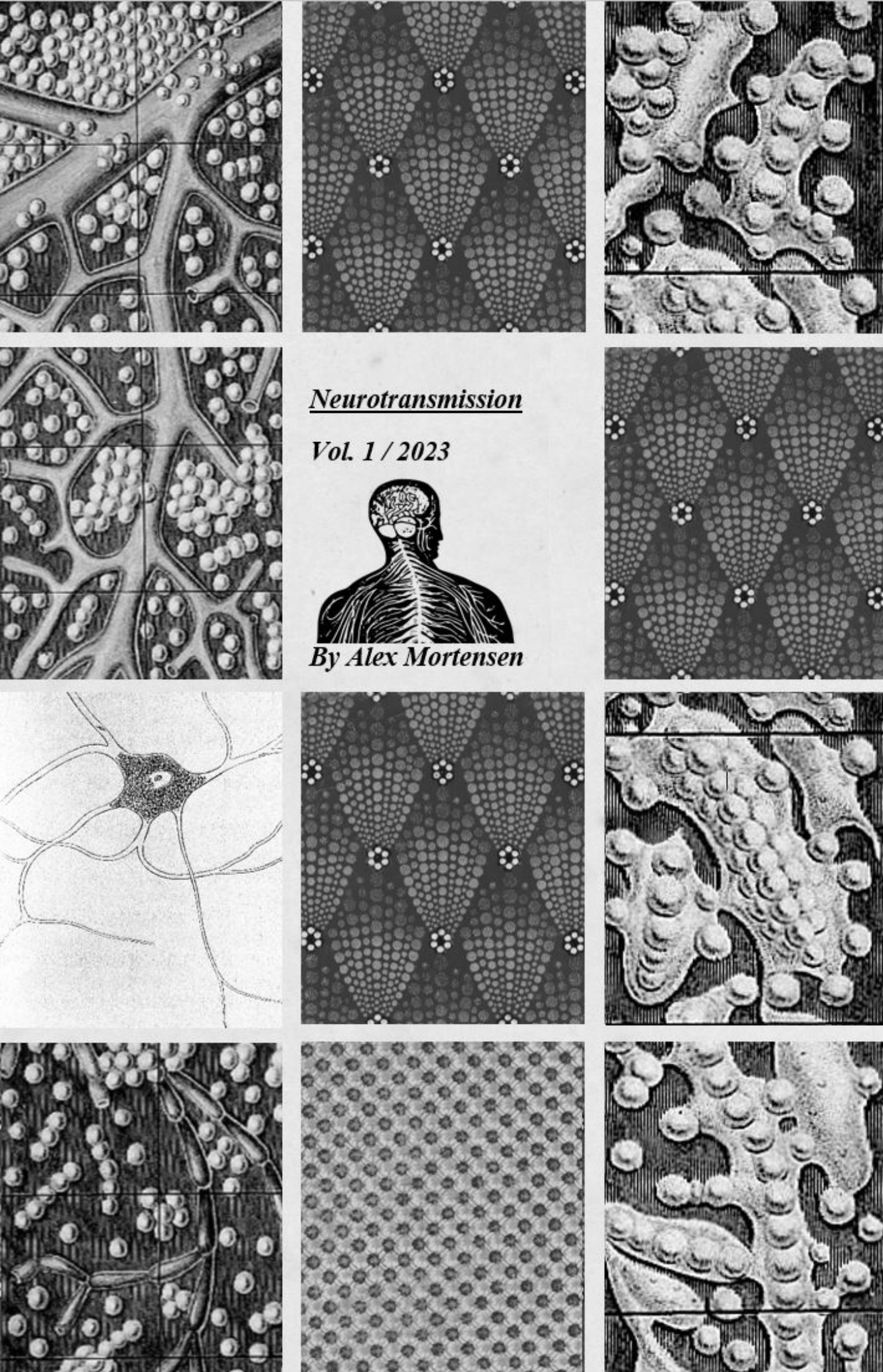
**What can we do to
reduce stigma?**

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I believe artmaking to be a vital process in the reduction of stigma in our communities. Not only can it be extremely cathartic and healing for the individual, but it is also one of the predominant methods of constructing empathy between the subject, the creator, and the viewer.

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Art has helped me to accept myself, and turn something painful (for both myself and those around me) into something beautiful.

Sometimes clichés are onto something!

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Discover more stories like Alex's and learn
about epilepsy stigma at
internationalepilepsyday.org

