

RICH WRIGHT

I was given the gift of creativity! I have been creating since I could hold a crayon. I am an Artist and Designer in multiple mediums. I was diagnosed with Bipolar II after a suicide attempt and I am also a survivor of familial suicides.

This has been quite a journey, but I don't allow that label to define or keep me from creating. The lowest of lows still has a glimmer of creative light that breaks through and urges me to keep moving forward.

That little light seems to never go out. It also allows me to encourage other artists who deal with the roller coaster ride of depression, anxiety, mania and manage other blocks that come about as an artist. As I continue on this path, my focus has turned more towards brain health and how feeding the brain can assist in the management of this label, allowing me to continue on with the flow of creativity.