



Mental Health: Mind Matters

The Discovery's newest exhibition explores and elevates conversations about mental health

RENO, Nev. (Jan. 31, 2024) – Understanding and managing mental health is a universal part of the human experience, however, the topic is often obscured by misunderstandings and stigma. *Mental Health: Mind Matters* — the latest featured exhibition at the Terry Lee Wells Nevada Discovery Museum (The Discovery) — is an interactive experience designed to make understanding mental health accessible and engaging.

“This exhibition will highlight The Discovery’s ability to be a community convener,” said Mat Sinclair, President/CEO. “The museum has a unique opportunity to unite our community with substantive learning around mental health and connect people with relevant resources in our region through this important and timely exhibition.”

The exhibition underscores the fact that mental illness, like physical illness, is not a “choice” or a personal flaw but a medical condition that requires care. In 2014, the National Institute of Mental Health reported that there were an estimated 43.6 million adults aged 18 or older in the United States with a mental illness — 18.1% of all U.S. adults. Yet misunderstanding of mental illness often leads to a lack of treatment and needless suffering. *Mental Health: Mind Matters* presents a spectrum of perspectives on mental health to foster awareness and break down barriers with genuine empathy and understanding.

The exhibition demystifies mental health conditions, offering insights into symptoms, causes and treatments while challenging misconceptions. Visitors can engage in immersive activities, from wearing noise-distorting headphones that simulate psychosis symptoms to entering the inner dialogue of a person with depression to gain new insights. Additionally, visitors can put their mental health skills to the test by exploring the therapeutic power of art, confronting fears in a judgment-free zone, and practicing healthy coping skills.

The Discovery received a \$100,000 sponsorship of *Mental Health: Mind Matters* from Molina Healthcare of Nevada. This generous contribution exemplifies Molina Healthcare's commitment to promoting mental health awareness and education.

Mental Health: Mind Matters opens to the public at The Discovery on Saturday, Feb. 10. The museum will also host an exclusive preview for members on Friday, Feb. 9 where Mayor Hillary Schieve will deliver remarks.

Mental Health: Mind Matters was produced for North America by the [Science Museum of Minnesota](#) in collaboration with [Heureka: The Finnish Science Centre](#). The exhibition is included with museum admission. Visit nvdm.org for more information.

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About The Discovery

The Discovery creates interest and engagement in science for all. Through unique, hands-on programs, exhibitions and events, The Discovery creates learning experiences that range from simple curiosity to deep understanding, empowering a community of critical thinkers. The Discovery is a locally founded nonprofit 501(c)3 organization. To learn more about The Discovery and how you can help support the museum's mission, visit www.nvdm.org.

About The Molina Healthcare of Nevada

Molina Healthcare of Nevada, Inc. provides government-funded health care to members in Clark and Washoe counties through Medicaid and Nevada Check Up Program. Through its locally operated health plans, Molina Healthcare, Inc., a FORTUNE 500 company, served approximately 5.2 million members as of September 30, 2023, located across 19 states. For more information about Molina Healthcare of Nevada, visit MolinaHealthcare.com