



**MEDIA ALERT** | For Immediate Release

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## **Carnegie Science Center's Mental Health Exhibition Closes Soon**

*Exhibit helps to tackle back-to-school anxiety*

*with mental health knowledge and tips through Sun., Aug. 17*



High-resolution images available [here](#).

**PITTSBURGH, Aug. 1, 2025** – Help to shake off back-to-school jitters at Carnegie Science Center with the “[Mental Health: Mind Matters](#)” exhibition before it closes on Sun., Aug. 17. Gather the family to explore worry and coping methods through immersive displays, personal stories, and engaging activities that bring the science of mental health to life.

Included with general admission to the Science Center, the trilingual (English, Spanish, and French) exhibition is packed with powerful, science-backed, and stigma-breaking experiences, many of which will help both students and caregivers prepare for the upcoming school year. In the exhibition, visitors will:

- Engage in interactive activities that help recognize and regulate emotions, from expressive art to movement exercises.
- Experience mental health challenges firsthand by stepping into the world of a family navigating the impact of depression.
- Encounter the difficulty of engaging in a conversation while wearing noise-distorting headphones that simulate auditory hallucinations.

- Shred worries in a “Worry Shredder,” a symbolic way to release stress and anxiety.
- Explore the history of mental health and how perceptions and treatments have evolved.
- Listen to real stories from individuals living with mental health conditions, which helps to foster empathy and awareness.

## **Media Opportunities & Interview Requests**

Dr. Doug Henry is the Science Center’s Mental Health Expert for the “Mental Health: Mind Matters” exhibition. As Vice President and Medical Director of Enterprise Behavioral Health at Highmark Health, Dr. Henry’s leadership aligns closely with the mission of the interactive exhibition designed to demystify mental health, reduce stigma, and empower individuals with knowledge and empathy.

To schedule an interview with Dr. Henry, please contact:

**Megan McKenzie, Director of Marketing, Public Relations, and Social Media**

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## **Why This Exhibition Matters**

According to the National Alliance on Mental Illness (NAMI), one in five adults in the U.S. experiences mental illness each year. In Pennsylvania, 1,814,000 adults – more than six times the population of Pittsburgh – are living with a mental health condition. This exhibit brings awareness to these realities while providing tools for understanding and support.

Visit [CarnegieScienceCenter.org](http://CarnegieScienceCenter.org) to learn more about the exhibition and purchase general admission tickets. [Download high-resolution images here.](#)

“Mental Health: Mind Matters,” is presented by Highmark Blue Cross Blue Shield, displayed in PPG SCIENCE PAVILION®, and was produced for North America by the Science Museum of Minnesota in collaboration with Heureka: The Finnish Science Centre.

## **About Carnegie Science Center**

Carnegie Science Center, soon to be the Daniel G. and Carole L. Kamin Science Center, is dedicated to inspiring learning and curiosity by connecting science and technology with everyday life. By making science both relevant and fun, the Science Center’s goal is to increase science literacy in the region and motivate young people to seek careers in science and technology. One of the four Carnegie Museums, the Science Center is Pittsburgh’s premier science exploration destination and the region’s most-visited

museum, reaching more than 500,000 people annually through its hands-on exhibits, camps, classes, and off-site education programs.

**Accessibility: Features for All**

Carnegie Science Center welcomes all visitors. We work to assist visitors with disabilities in obtaining reasonable and appropriate accommodations, and in supporting equal access to services, programs, and activities. We welcome visitors in wheelchairs on the deck of our USS Requin (SS 481) submarine. Below-deck visits require full mobility. Hearing assistance devices are available for The Rangos Giant Cinema. Please ask when you buy your ticket.

Please note that requests for accommodations should be made at least two weeks prior to your visit. For specific questions about wheelchairs, strollers, or other programmatic or equipment needs, see the ticket counter located on the first floor of the main building or contact the Operations Department at 412.237.3400 or [Accessibility@CarnegieScienceCenter.org](mailto:Accessibility@CarnegieScienceCenter.org).

**About Carnegie Museums**

Founded by Andrew Carnegie in 1895, [Carnegie Museums](#) is a family of four dynamic, distinctive museums: Carnegie Museum of Art, Carnegie Museum of Natural History, Carnegie Science Center, and The Andy Warhol Museum. The museums reach 1.5 million people a year through exhibitions, educational programs, outreach activities, and special events.

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