

Epic Light

MIELETÖNTÄ
VALOJA
SOSPED



02

Epic Light

Epic Light publishes media content that is created by young adults facing different challenges in their lives. No certified diagnosis or money is needed to participate. All the activities are done in peer groups. Epic Light aims to motivate and empower both the creators and the audience.

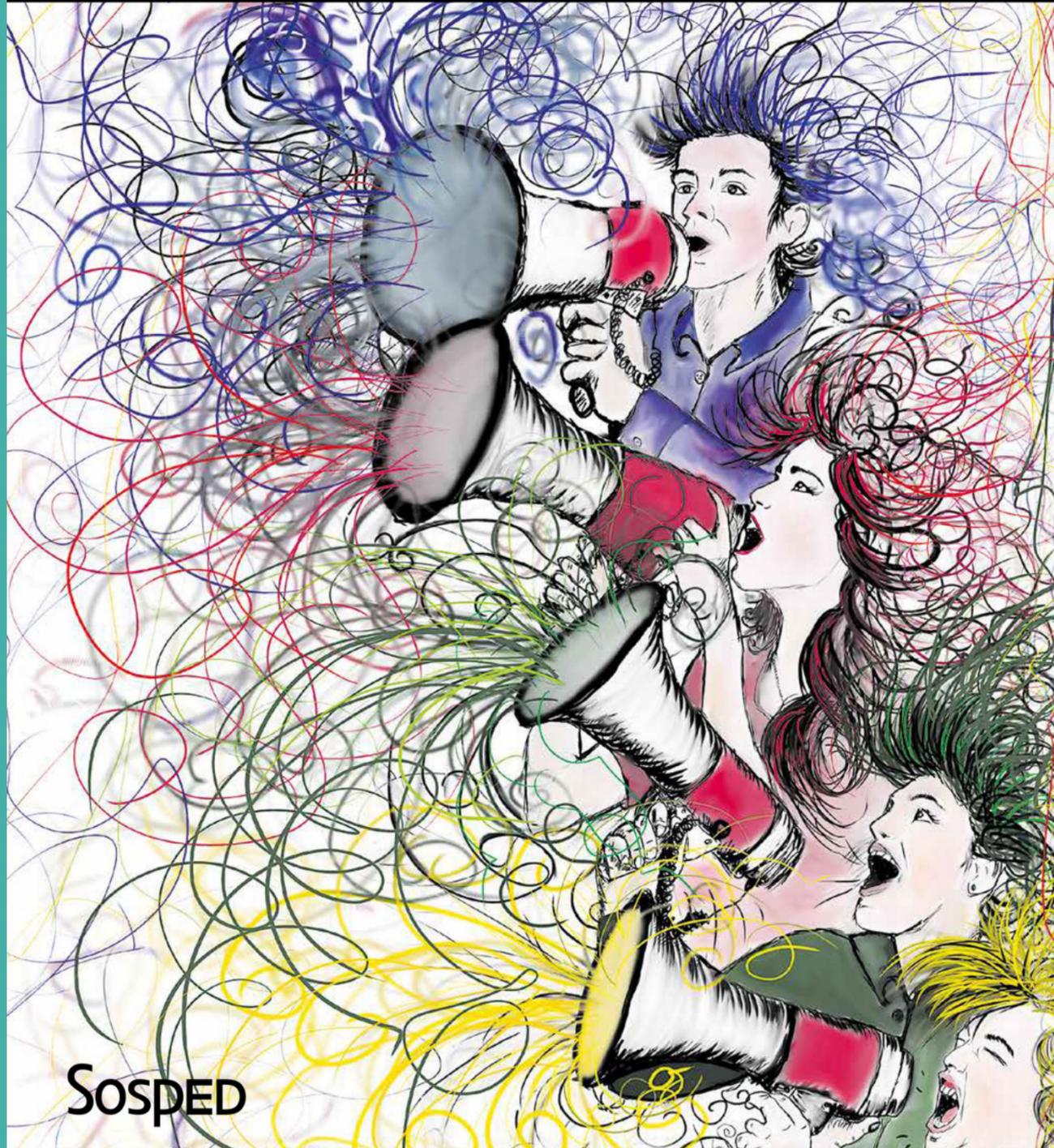


MIELETÖN
MESSU
RADIO

VALOA!

KOKEMUKSEN ÄÄNI

Kokemustiedon ja kokemustarinoiden äänitorvi
– lehti täynnä vertaisuutta.



Cover of the VALOA! magazine,
illustration by Sonja From

Mistä tukea
ja apua, kun
mielenterveys
horjuu?
s. 4

Iloa, uusia
näkökulmia ja
yhteisöllisyyttä
vertaistuesta!
s. 6

Työelämä on
epämääräistä
mössöä – miksi edes
tahtoisin sinne?
s. 14

Taide ja kulttuuri
tukevat **hyvinvointia**
– esittelyssä
kulttuuripajatoiminta
s. 10

Olen aina
"se toinen",
yhteiskunnan
ulkopuolella.
s. 8

People of Epic Light

03

experts by experience

DIVERSITY

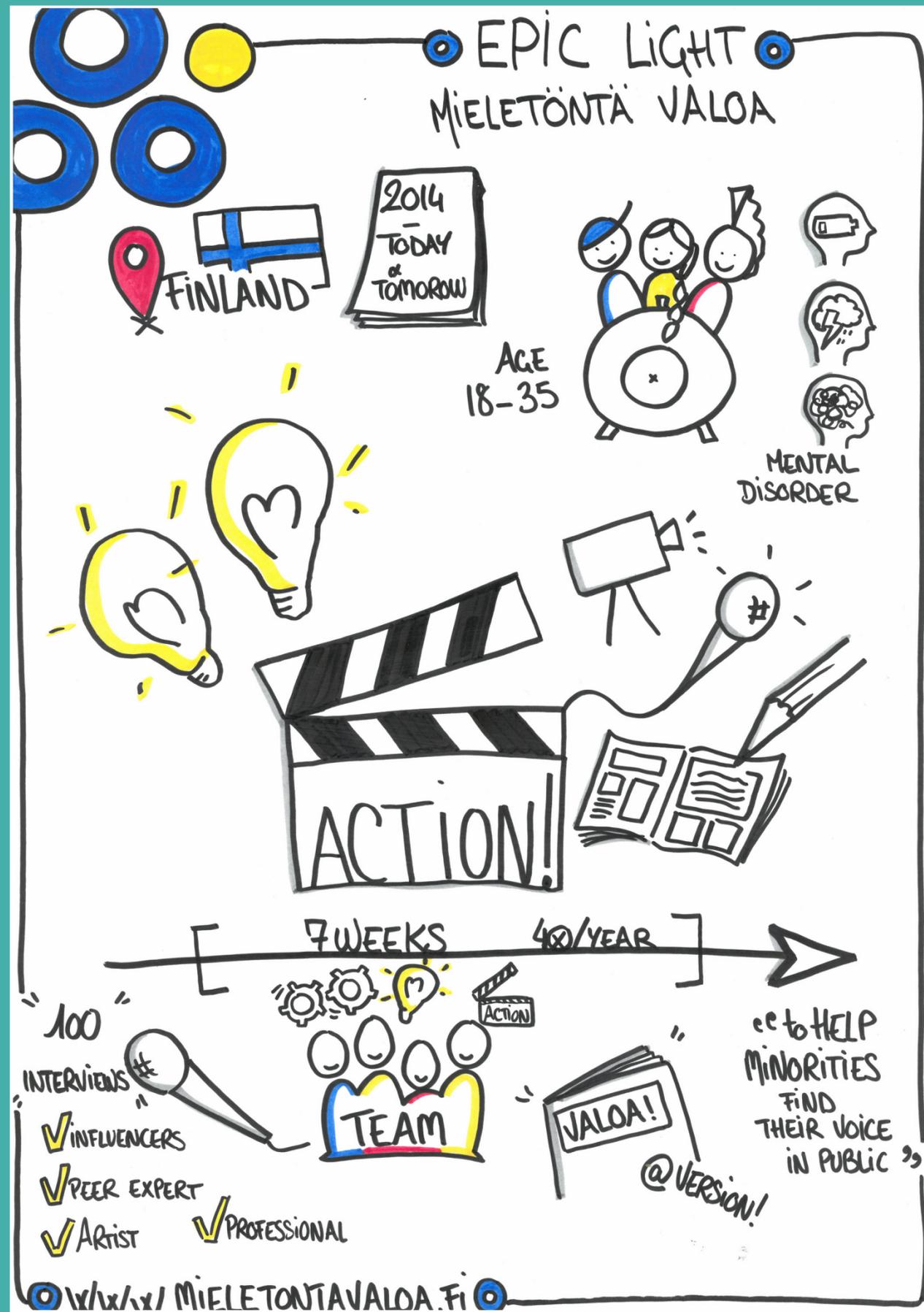
Sexual, (mental) health, neurological, gender etc.

INTEREST

You are motivated to make media by
learning by doing method.

PEER SUPPORT

You are heard and accepted by your peers.
The group encourages you to try new things.
Stigma you may carry, discolours.
We are here together!



WHAT WE DO

RADIO, VIDEO and VALOA! -MAGAZINE

2020 Epic Light published (among other things):

- Three Valoa! magazines. The third one was released as a supplement of Voima magazine (70 000 copies nationwide).
- World Village Festival radio (the live festival was cancelled because of pandemic, but we still did the radio with the organizer Fingo).
- Video productions: Artist interviews, promotional videos with/for partner organizations.
- Live stream productions: Several seminars/panels, "Morning TV" for Mielenterveysmessut.
- Podcasts: Over 30 radio programmes, interviews and "experts by experience" stories.

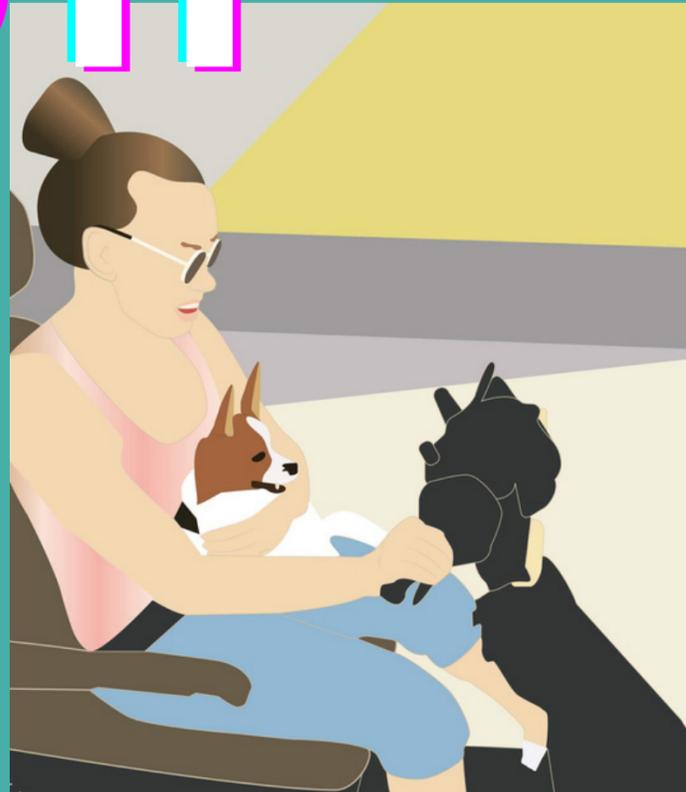
All productions are available at
<https://mieletontavaloa.fi/>

HOW WE DO IT

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TEAM WORK

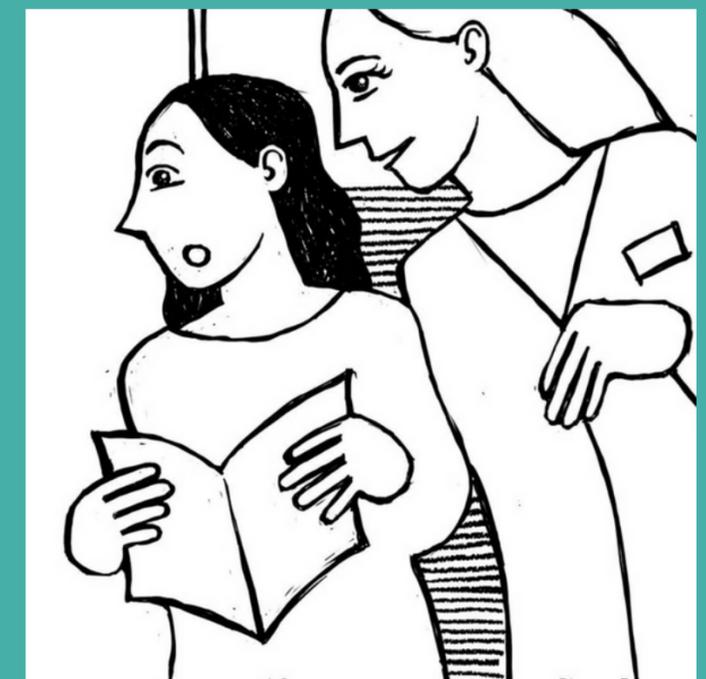
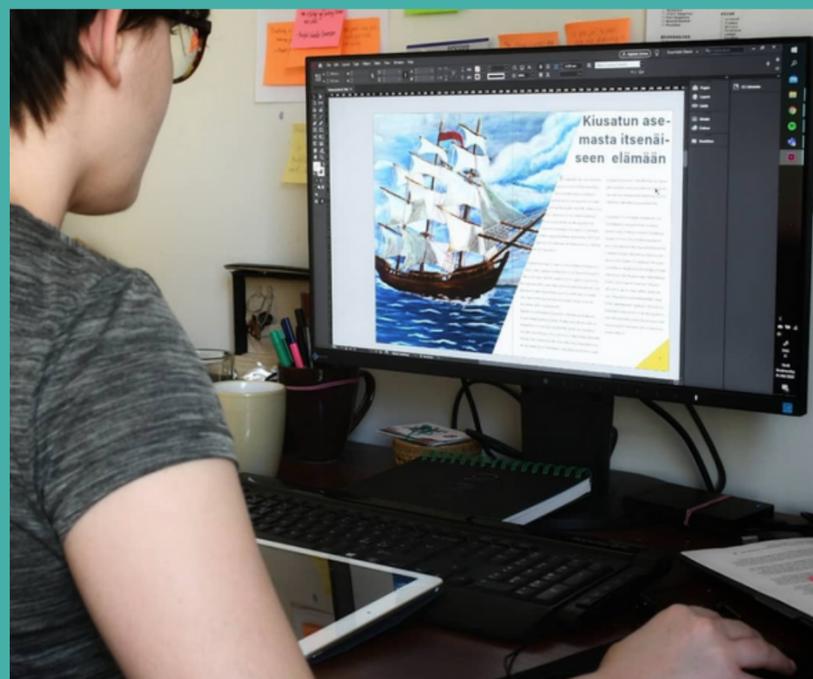
- We work in three teams
- Teams: Radio, video, magazine
- All teams meet weekly
- Flexible team structure
 - > We work via remote connections during pandemic
- In teams the focus is in productions, not in personal challenges



WE GO OUT TO MEET ALL KINDS OF PEOPLE

The people of Epic Light have interviewed:

- "Influencers" – politicians, media personas, artists
- Professionals – about (mental) health issues, NGO workers
- Peer experts – recovery, ability, health (system) experiences
- Marginalized artists – mainly musicians (we also raise their music to our radio playlists etc.)
- Peers – experts by experience stories



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RECOVERY



BY MAKING MEDIA IN EPIC LIGHT YOU CAN:

- learn new skills
- notice you are able to overcome challenges
- inform people, feel you can affect society
- change your role from “patient” to media professional
- feel the importance of your work
- belong to a group / decrease your loneliness
- learn to take / hear a different opinion / point of view
- absorb working life skills
- wake up your creativity



Mervi Piispanen

Toimittaja / Mieleöntä valoa



Tuomas Tuure

Vaikuttamistyönkoordinaattori
Abilis-säätiö

Radio interviews for the 2020 World Village Festivals were conducted remotely

Epic Light TAMPERE

JOU! MOREENI RÄPS

music program since 2017

In cooperation with Tampere Youth Services
& Radio Moreeni.

KAUNIIT JA MIELETTÖMÄT (BEAUTIFUL AND INSANE)

current affairs program since 2017

Radio Pispala (2017-2018), Radio Moreeni (2018-2020)

KÖYHIEN RADIO (POOR PEOPLE'S RADIO)

current affairs program since 2021

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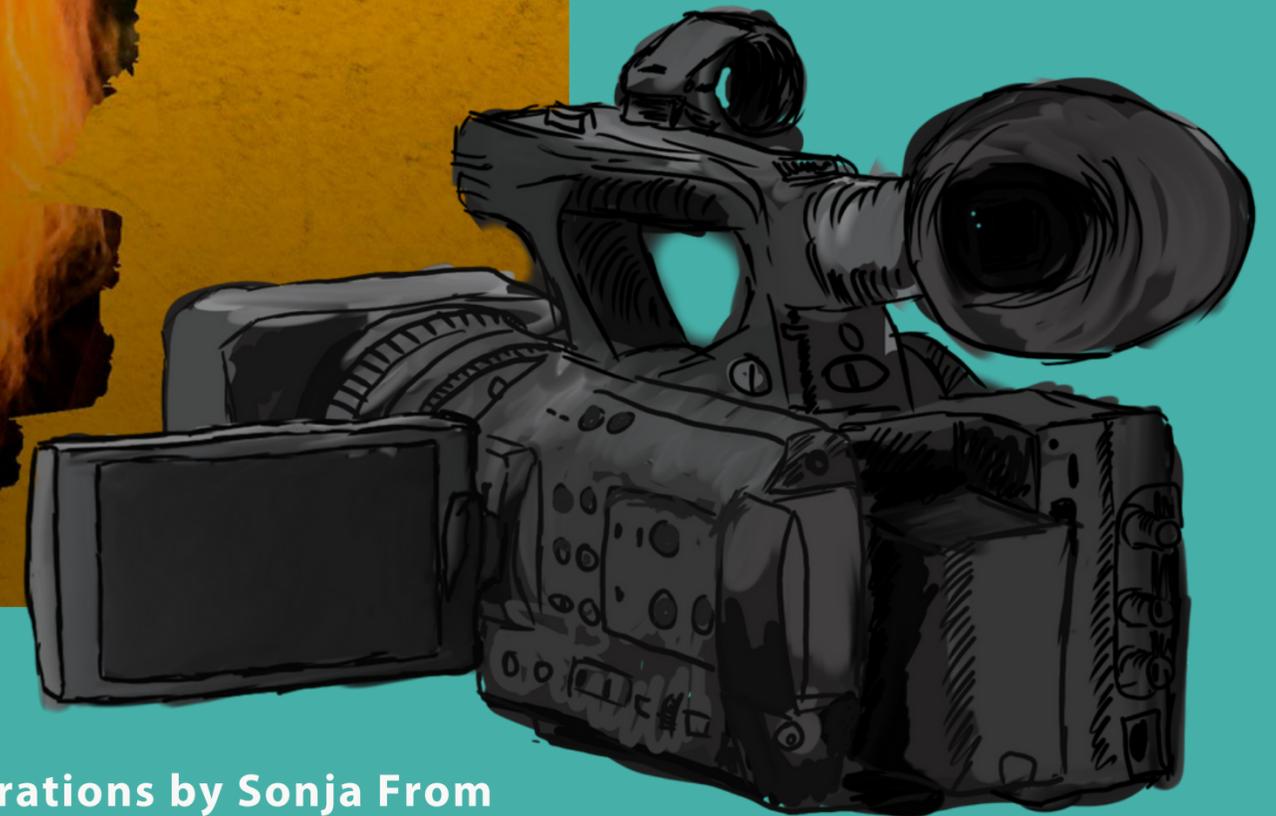
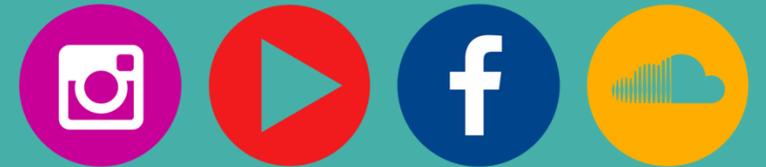


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FIND US

mietetontavaloa.fi

in social media:
[@mietetontavaloa](https://www.instagram.com/mietetontavaloa)



illustrations by Sonja From