



MEDIA ALERT | For Immediate Release
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Carnegie Science Center Announces New Exhibition Focusing on Mental Health

*The most-visited museum in Pittsburgh connects the community
with mental health resources*



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

PITTSBURGH, Feb. 20, 2025 – Carnegie Science Center is tackling one of today’s most important health topics with “[Mental Health: Mind Matters](#),” a new traveling exhibition that opens Sat., March 1. The interactive experience, included with Science Center general admission, brings the science of mental health to life through immersive displays, personal stories, and engaging activities, which help to encourage conversation and connection.

Throughout the trilingual (English, Spanish, and French) exhibition packed with powerful, science-backed, and stigma-breaking experiences, 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.

Community Health Partners

Throughout the exhibit’s run, March 1–Aug. 17, the Science Center will collaborate with more than a dozen community health partners throughout the region to help connect visitors with valuable local resources, programs, and expert-led discussions. Organizations such as Allegheny Health Network, Pittsburgh Pirates, Jewish Family and Community Services, Casa San Jose, and more, will be visiting the Science Center on select days, with a full list of participating organizations available on the [Science Center’s website](#).

“Mental health is health. This exhibition gives visitors the science, the stories, and the space to have important conversations,” said Jason Brown, Henry Buhl, Jr., Director of Carnegie Science Center. “We hope every visitor leaves feeling more informed, more connected, and more empowered to support themselves and those around them.”

Why This 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 to learn more about the exhibition, purchase general admission tickets, and explore upcoming mental health programs. [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.

Content Advisory

Some interactive elements simulate the experiences of individuals with mental health conditions. For full details on the exhibit content, please review the [Family Guide](#) or [Educator Guide](#). You can also [learn more in our Frequently Asked Questions](#).

Media Opportunities & Interview Requests

Carnegie Science Center welcomes media inquiries and interview requests to discuss the “Mental Health: Mind Matters” exhibition, its impact, and the Science Center’s commitment to community education.

To schedule interviews, request a media tour, or receive additional materials, please contact:

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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.

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.