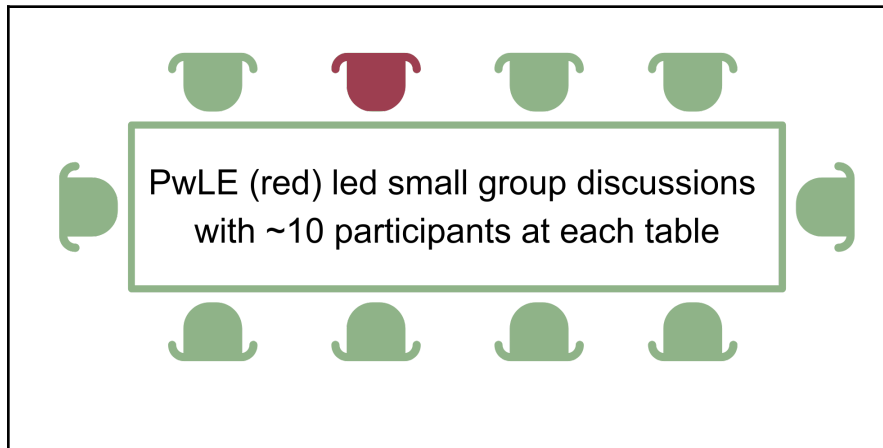
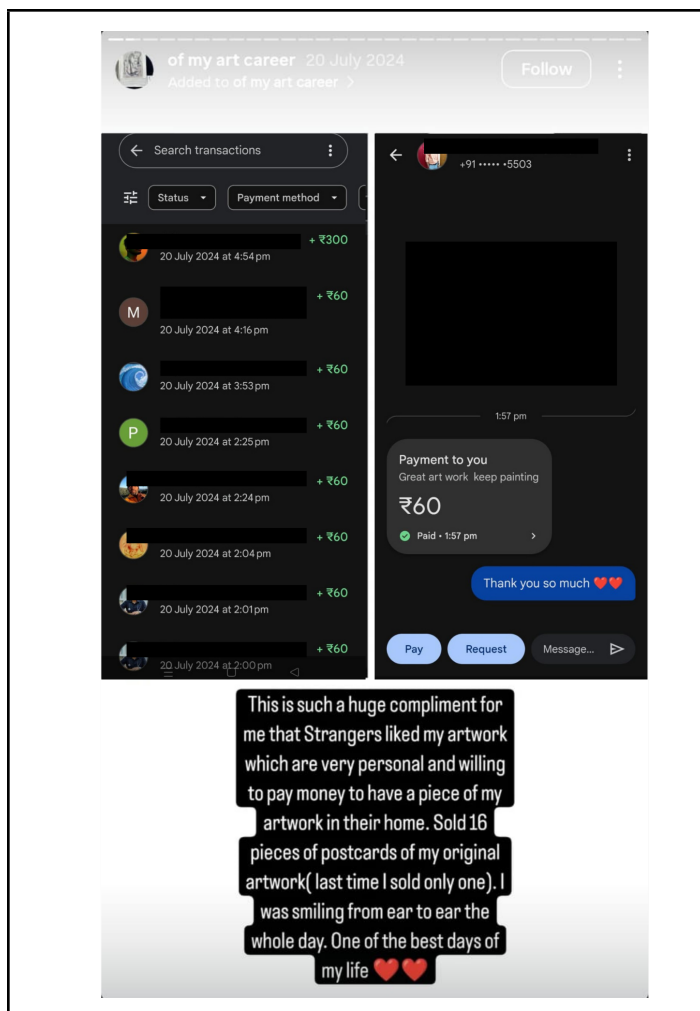




Supplementary Figure 1. A schematic representation of the small-group discussion table setup



Supplementary Figure 2. Social media post by an artist sharing the appreciation they received from visitors.

Supplementary Table 1. Participant votes using dot-voting at the art exhibition

Colour	Feeling	Votes
Yellow	Joy	87
Purple	Empathy	85
Blue	Sadness	69
Green	Anxiety	32
Red	Anger	20

Appendix 1

Artwork Descriptions

Figure 5. (a) 'Self-awareness and Dissolution'

In the aftermath of an episode, I believed I was experiencing a spiritual awakening, only to be rudely awakened by disillusionment.

The boundaries between dreams and reality dissolved, revealing the illusions that had clouded my perception.

A new clarity and a profound self awareness emerged.

Disenlightenment, I realized, was not a negation of the experience; it was a catalyst for self-recognition.

It allowed me to shed false beliefs and embrace a deeper understanding of myself.

Amidst the turmoil, a persistent theme emerged: the greatest awakenings often arise from the depths of disillusionment.

It allowed me to see things for the way they are, to realize that most things in life don't have to matter as much as you desire them to.

What works for everyone doesn't have to work for you.

Some things break me, and not everyone, and thats okay,
but I look forward to discovering the things that break everyone, but not me, and that's
also okay.

I was gifted the ability of higher consciousness to find out what works for me, not cry
about the things that don't.

If i wasn't meant to realize,

I wouldn't have comprehended it

and in hindsight, a lack of foresight is worse, in the grand scheme of things.

Figure 5. (b) 'Bipolar Airlines'

Page 704 of 18396. The ups and downs of bipolar disorder feel like a never ending
book, each page bringing something new. Page after page. Wonderful colours. Horror.
One day your life is magical, the next day you don't want to live. And you don't know
why. So you hang on, you seek help, you hope the page turning stops at some point,
that you can close the book and live a normal life. Somehow, you hold on to hope. What
choice do you have but to keep on keeping on?

Figure 6. (a) 'Fleeting Moment'

The piece is called Fleeting Moment. It is inspired by my personal experiences of those
days when I am feeling completely down and could not think clearly and overflowed with
sadness and feeling of irrelevance. In those moments, I feel like my head was going to
explode from overthinking, that's why I painted the head bigger than the body, and feels
like my body is crumpling down and my hands shrivel as depicted in the piece. The
black hair like chain is meant to represent the dark force pulling me down and the small
figures are meant to represent my friends and my family and part of myself trying to

break the chain that is holding me down. Expressing myself in art in this way actually helps me with my mental health and it is kind of way to help me understand myself more.

Figure 6. (b) 'Art of Self Love'

This piece of art serves as a gentle reminder to love oneself first. and how much we need to communicate with our bodies and minds, listen to those whispers.

Figure 6. (c): 'Embrace of Self'

In the quiet moments of the night,
When shadows dance and fears take flight,
A gentle voice within does call,
"Be kind to yourself, most of all."

When the world feels harsh and cold,
And dreams seem distant, stories untold,
Wrap yourself in tender grace,
Find solace in your own embrace.

Through failures, trials, and the pain,
Remember, sunshine follows rain.
In every tear, a seed is sown,
Of strength and love, within you grown.

Forgive the stumbles, let them be,

They're steps toward your destiny.
Acknowledge every scar and line,
They're traces of your strength divine.

In the mirror, see not the flaws,
But the courage that endures and draws
Upon the well of hope and peace,
With self-compassion, find release.

For you are worthy, just as you are,
A radiant light, a shining star.
Embrace yourself, with heart and mind,
In self-compassion, freedom find.

Appendix 2

Groundwork for building a PPIE community in India

As our events suggested the feasibility and value of co-created formats, we sought to understand whether PwLE would be interested in sustained participation. We explored this through introductory workshops about building a public and patient involvement and engagement (PPIE) community. Attended by 30 PwLE, caregivers, and community members, we received wide interest in joining such a community, as encapsulated in this piece of feedback:

“What excites me: (1) insight (small or big) being shared regularly with the public; (2) application to patients much faster (speed). Suggestions: create an engaged community that can champion the cause.”

We are currently in the process of building this community, with a focus on enabling more sustained and participatory involvement of PwLE.