

Melissa Spitz (b. 1988) is a working artist from St. Louis, Missouri, who currently resides in New York City.

She received her BFA from the University of Missouri-Columbia and her MFA from the Savannah College of Art and Design. Melissa is the recipient of Magnum's Inge Morath Award (2018), recognizing a female photographer under the age of 30. She was named

Melissa closed her first solo museum exhibition at the SCAD Museum of Art in the Spring of 2018. Her photographs continue to circulate internationally. Melissa tells stories with brutal honesty and a refreshing candor. Her TedX talk titled "Why I Shot my Mom" examines perseverance, art making, and catharsis.

Melissa's images ultimately reflect her curiosity of the medium and its effect on her subjects and surroundings.

Forbes Magazine described her project (*You have nothing to worry about.*) as 'Shocking'. *"I say shocking in a good way. Seeing the work felt like standing up in a crowd to make a speech, expecting to be shouted down, only to have a stranger defend you passionately. It was shocking because of its goodness."*

Education

Masters of Fine Art – Photography, Savannah College of Art and Design, 2014

Bachelors of Fine Art – Photography, University of Missouri – Columbia, 2012

Awards

Magnum Foundation's Inge Morath Award and Grant Recipient, 2018

TIME Instagram Photographer of the Year, 2017

Magenta Foundation Flash Forward Award, 2016

Exhibitions

CRAZY, Living with Mental Illness, Landschaftsverband Rheinland, DE Summer 2022

CRAZY, Living with Mental Illness, Ausstellungshalle Schulstrasse, DE Spring 2022

CRAZY, Living with Mental Illness, Freiraum Für Fotografie, Berlin, DE, Winter 2019

You Have Nothing to Worry About, Solo Exhibition, SCAD Museum of Art, Savannah, GA, Spring 2018

#GirlGaze: A Frame of Mind, Group Exhibition, The Annenberg Space for Photography, Los Angeles, Winter 2017

Magenta Foundation's Flash Forward 2016, Group Exhibition, Toronto, CA Fall, 2016

#MyStory, Group Exhibition, Ace Gallery, Los Angeles, Fall 2015

Mentorships

VSCO Voices, 2018 Grant Awardee Mentor

Curatorial Experience

There Are No Girls On The Internet, Guest Curator, Local Host Gallery - Minecraft, Fall 2017

Radio Interviews | Speaking Engagements

Carr, Emily *The Parents Show*, Podcast, August, 2022

TEDxIndianapolisWomen, November 2018

VSCO HQ, *VSCO + Anxy Mag Discuss Creative Anxiety*, March 2018

Anderson, Kurt, *Studio 360*, WNYC, February, 2018

Smith, Amanda, *Life Matters*, ABC – Australian Broadcasting Corporation, December 2016

Publications

Lind, Henriette, "[Der er gange, hvor jeg har tænkt, om hun var FOR fuld til, at jeg kunne publicere et billede af hende](#)" Politiken, September 2018

Schrobsdorff, Susanna, "[How This Photographer Documenter Her Mother's Battle with Mental Illness on Instagram](#)", TIME Magazine, February, 2018

Spitz, Melissa, "[You Will Always Have My Heart](#)", TIME Lightbox, December 2017

De Cadenet, Amanda and Girlgaze, "[How Girls See the World](#)", Rizzoli, Fall, 2017

Spitz, Melissa, "[You Have Nothing To Worry About](#)", ANXY Magazine, Issue 1: The Anger Issue, May 2017

Press

Barsamian, Edward, "[10 Ideas from MIHELIN Guide Restaurants to Celebrate the Season](#)", Michelin Guide, December 2022

Moses, Jeanette D., The best things we saw at Spring/Break Art Show, Popular Photography, March 2020

Cresswell, Joanna, An Unfiltered Photo Diary of My Mum's Mental Illness and Drug Addiction, Refinery 29 UK, July 2018

Wilcox, Virginia, Interview with Melissa Spitz: You Have Nothing to Worry About, Lenscratch, April 2018

Walsh, Brienne, An Interview With Melissa Spitz, Who Chronicles Her Mother's Battle With Mental Illness, Forbes, March 2018

Walsh, Brienne, If You Love Contemporary Art, Go to Savannah to Visit the Museum of Art at SCAD, Forbes, February, 2018

Studio 360, Why Instagram Sensation Melissa Spitz Takes Photos of Her Mentally Ill Mother, Slate, February 2018

Hansen, Lauren, Instagramming a Mentally Ill Mom, PRI.org, February 2018

Salsi, Fabiana, Melissa che mostra la malattia mentale della madre con la fotografia e vince, Vanity Fair Italia, December 2017

Genova, Alexandra, Melissa Spitz is TIME's Pick for Instagram Photographer of 2017, TIME Magazine, December 2017

Pollack, Kira, Women in Photography: 34 Voices From Around the World, TIME Magazine, March 2017

Walker, Chloe, Aim Your Camera Just At Me, END PAIN Magazine, February 2017

Neely, Hallie, Women Crush Wednesday: Melissa Spitz, Musée Magazine, December 2016

Coughlin, Sara, 30 Photos that Revel How Women See The World, Refinery29, November 2016

Dunn, Thom, 9 Photos that Document 7 years of Mental Illness in a Really Powerful Way, UpWorthy, October 2016

Löhle, Edith, Mama ist bipolar: Melissa fotografierte ihre psychisch kranke Mutter sieben Jahre, Refinery 29 Germany, October 2016

Lanquist, Lindsey, This Woman Took Photos Documenting Her Mother's Bipolar Disorder for 7 Years, SELF Magazine, September, 2016

Donovan, Laura, Photographer Explains How Documenting Her Mom's Bipolar Disorder on Instagram Changed Everything, Attn:, September 2016

Lu, Wendy, ["You Have Nothing to Worry About" Photo Series By Melissa Spitz Documents How Mental Illness Can Affect a Mother – Daughter Relationship](#), Bustle, September 2016

Frank, Priscilla, [For 7 Years, A Daughter Documented Her Mother's Bi Polar Diagnosis in Photos](#), The Huffington Post, September 2016

Waldron, Sarah, ['This Is How I Feel': The Photographer Documenting Her Bi Polar Mother](#), Broadly – VICE, September 2016

Muller, Robert T., [Photography Documenting Mental Illness Draws Criticism](#), The Trauma & Mental Health Report, June 2016

Moakley, Paul, [Mother's Day: The Photos that Moved Them Most](#), TIME Lightbox, May 2016

Lazzaro, Sage, [This Woman's Instagram Battles Mental Illness So Beautifully It Became an Art Show](#), The Observer, October 2015

Pittman, Taylor, [28 Badass Women You Should be Following On Instagram](#), The Huffington Post, October 2015

Laurent, Olivier, [Instagram Photographers to Follow in All 50 States](#), TIME Lightbox, August 2015

Aperture Foundation, [Staff Picks: 7 Instagram Accounts We're Following](#), Aperture, July 2015

Pérez, Gabi, ["You Have Nothing to Worry About" By Melissa Spitz](#), Juztapoz, May 2015

Ming, Ye, [Navigating a Mother's Mental Illness Through Photography](#), TIME Lightbox, May 2015

Stewart, Parker, [You Have Nothing to Worry About Feature](#), Ain't-Bad Magazine, June 2014

Goggin, Kayla, [You Have Nothing to Worry About: Photos by Melissa Spitz](#), Savannah Art Informer, May 2014