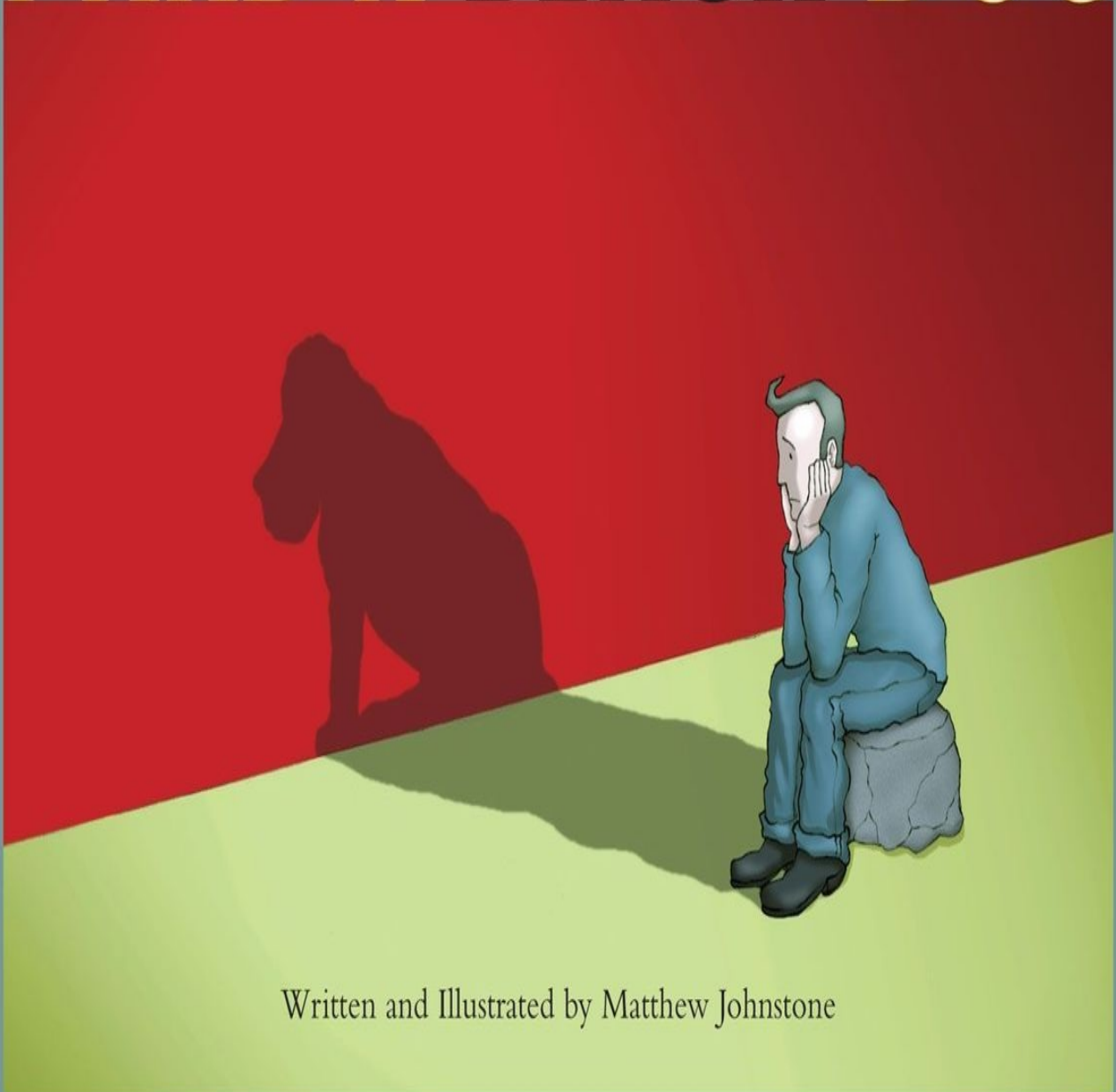


I HAD A BLACK DOG



Written and Illustrated by Matthew Johnstone

'I Had a Black Dog says with wit, insight, economy and complete understanding what other books take 300 pages to say. Brilliant and indispensable.'

Stephen Fry

I HAD A BIRD



Written and Illustrated by

'I Had a Black Dog says with wit, insight,
what other books take 300 pages to
Stephen

I HAD A BLACK DOG

HIS NAME WAS D





PRAISE FOR I HAD A BLACK DOG

‘What a fascinating book. It is both instructive and accessible.’

Dr Rosemary Leonard, resident medical adviser for BBC1’s Breakfast

‘I found it a moving and surprisingly funny insight into depression. The “picture book” were two genres that could be fruitfully combined and were inspiring.’

Oliver Burkeman, Guardian

‘It’s very accurate – I should know!’

Ruby Wax

‘Describing the hell of depression to other people, even though it is impossible to reach out. Matthew Johnstone’s cartoon book does this through the taboos in a simple, effective and touching way.’

Sarah Stacey, Health Editor, YOU magazine

‘Truthful, touching and hopeful’

Dr James Le Fanu, medical columnist, Daily Telegraph

‘His highly original mix of genres – autobiographical/self-help’

Spectrum, Sydney Morning Herald

‘This brilliant, disarming book about depression is quick to read.’

Australian Financial Review



Written and illustrated by

ROBINS

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(Not) for my family and friends

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www.constablerobinson.com

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Important Note

This book is not intended as a substitute for medical advice or treatment. Any person with a condition requiring medical attention should consult a qualified medical practitioner or suitable therapist.

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FOREWORD

Depression comes in different guises and haunts the lives of many. Although it is often thought of as a condition that begins with the onset of puberty, about 1 in 4 women and 1 in 7 to 8 men will experience it at some point in their lives. Women are generally as vulnerable as men.

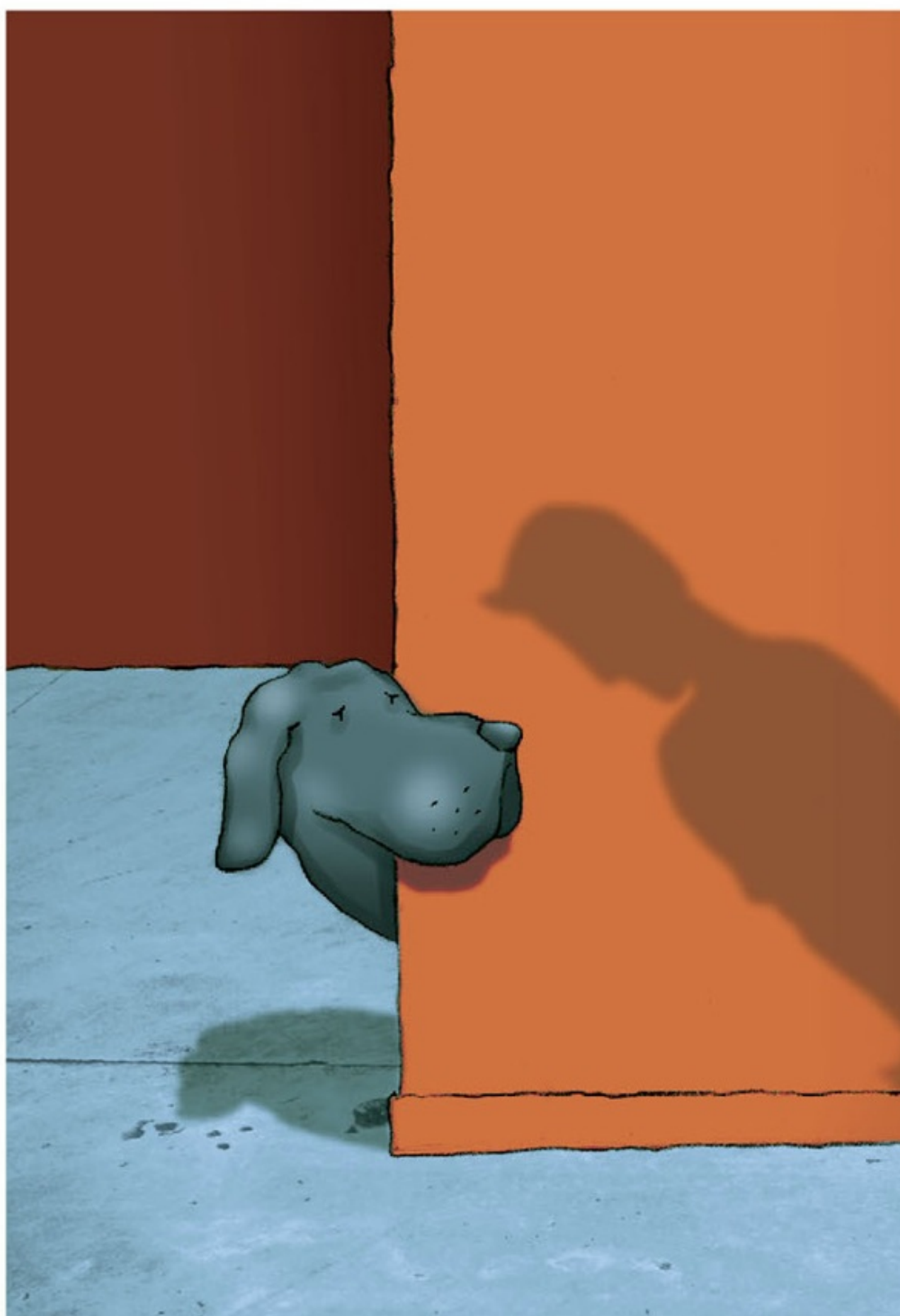
Research has shown that during depression there are changes in the way that the brain's chemistry affects each other. When animals are subjected to various stresses over certain periods, they can become depressed. Looked at this way, depression can be seen as a 'brain chemistry' problem. Depression is not something to be ashamed about. There are in fact many people who are suffering from it.

Matthew Johnstone takes us through his own personal experience of depression, and how it affected him, and that Winston Churchill also used. With these heart warming and insightful stories, he helps to enlighten our own compassionate feelings for the state of depression, and the people who suffer from it.

The ability to see one's 'Black Dog' as something that is happening to you, rather than a personal failing, is a constructive manner. If you feel depressed, try to reach out to those who have experienced it, and who are also listed at the back of this book.

Looking back, Black D
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Whenever he made an
and life just see













He could make me look and



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