



Hi

I stumbled across this site a few weeks ago whilst searching for anything that might inspire me to stay in this world for a while longer.

In the grip of my third major breakdown in 10 years I was losing faith in my ability to ever overcome the demon that has strangled me since I was a child. I suppose whilst feeling like I wanted to die my attempts to find solace by any means indicate that some part of me doesn't want to go - I just want to stop the unbearable pain in my heart and my head.

I read the excerpts from *In My Room* and thought I have to get this book. Bought it a few days ago and have read it through twice fully and excerpts multiple times already. It felt like you had tapped into my mind and captured all the thoughts and feelings I am having now. A person who hasn't been through depression couldn't write such an insightful book. It really took me back to my first hospital admission 10 years but in a good validating way - to the insights and help I received for the first time in my life. Like you say in one of your articles on the website hearing other patients talk about their feelings helped me to gain insight. I also found during times in the hospital when I was particularly distraught it was sometimes my fellow patients who responded and provided the solace I needed, the ear, the insight of their own experiences more than any of the staff could.

I've read all the stories on the website and keep going back to the army of ink for reassurance.

I am taking it a day at a time at the moment supported by my fantastically committed GP and my new Psychologist. I'm far from out of the abyss but feel I at least have a toe hold on the cliff wall.

When I read EV's story I was glad it concentrated on her journey forwards and not on the details of the past as I'm not sure I could have read the details - I find some things are too much of a trigger for bad memories and I have to avoid them.

I'm keeping your book by my bed - sometimes to read and sometimes to just pour over the images and pictures.

I'm going to buy a copy for my sister too as I think she will love it as much as I do.

Thank you—M