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Cover picture

Jonathan Moore (b. 1975). *Bipolar* (2011)

I was born in the Highlands of Scotland and currently live in Inverness. Since 2003, I have struggled daily with various mental health conditions which feature in much of my artwork. One of my favorite pieces of work, which I named *Bipolar*, was created to express my personal experiences of daily living. Although medication may give a measure of relief and make living manageable at times, I have found this not to be consistent. The colourful centre in the picture symbolises relief or balance, but this is a momentary experience from day to day. The surrounding black area depicts the spectrum of mood swings that can be experienced in daily life (i.e. depression and mania). Those who suffer from such afflictions find they can relate to this picture and have found some relief in the knowledge that they are not alone in their plight. My goal is to continue to share my artwork, in the hope that many others may find some solace. Further information can be found on my website www.doodletherapy.moore.com.



We are always looking for interesting and visually appealing images for the cover of the *Journal* and would welcome suggestions or pictures, which should be sent to Dr Allan Beveridge, British Journal of Psychiatry, 21 Prescot Street, London E1 8BB, UK or bjp@rcpsych.ac.uk.