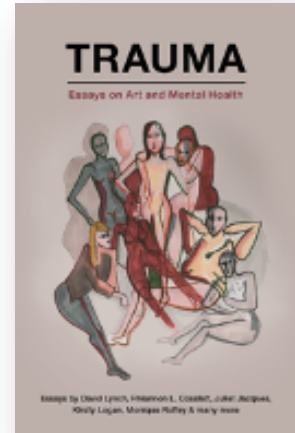


THOM CUELL AND SAM MILLS eds.
TRAUMA
ESSAYS ON ART AND MENTAL HEALTH

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A topical and timely anthology of essays about mental health by a range of award-winning and acclaimed authors including Monique Roffey, Rhiannon L. Cosslett and David Lynch.

Trauma: Writing about art and mental health includes contributions from a range of well respected authors, such as Neil Griffiths, Kirsty Logan, Rhiannon L Cosslett, Monique Roffey, Alex Pheby, Marina Benjamin, Juliet Jacques, Tamim Sadikali and the film-maker David Lynch.

The essays range from the personal to the political, from the raw to the reflective, exploring topics such as grief, insomnia, anxiety, schizophrenia, meditation, abusive relationships, work, and the relationship between madness and creativity. Emma Jane Unsworth's essay focusses on post-natal depression; James Miller's explores the impact of Trump and the political climate on our collective mental health; David Lynch's essay talks about the healing benefits of Transcendental Meditation.

Matt Haig's successful books have demonstrated a huge appetite for books about mental health, but we are aiming at a more literary readership who want to think about the issues with greater depth. This is the first anthology exploring this issue published in the UK.

THOM CUELL is a senior editor at the literary journal *Minor Literature[s]*. Their writing has appeared in anthologies including *We'll Never Have Paris* (Repeater Books) and *Manchester* (Dostoyevsky Wannabe). They live in Manchester.

SAM MILLS is the author of *The Quiddity of Will Self* (Corsair, 2012), which was described by The Sunday Times as an 'ingenious, energetic read' and The Guardian as 'so outrageous as to defy conventional review'. Her literary memoir about caring for her father, *The Fragments of My Father*, was recently published by 4th Estate; her next non-fiction title, *Chauvo-Feminsim*, will be published by the Indigo Press. She lives in London.

PRAISE

"The contributors to this collection share their experiences with quiet assurance – it helps that most are established writers, therapists or both. But a few also make a case for the importance of reading about the travails of others, no matter how hard it may be. In an essay on denialism and the Covid-19

pandemic that might have served as the book's justification, Thom Cuell outlines the dangers of populist politics that encourages people to "stop worrying and get on with enjoying themselves". A refusal to acknowledge both widespread catastrophes and violence towards specific groups of people only prolongs suffering." **Times Literary Supplement**

"(This anthology is) a strong argument for the value of compassion: through reading it, we can hope to become Suitable Listeners; we may recognise fellow sufferers. We can think about how to help others, and how to act upon this. We can hope to heal ourselves or at least to think about ways of doing so, even when it seems too much to muster. It's an argument for more funding for mental health services; an argument for speaking truth to power; an argument for the value of psychotherapy and for the erasure of mental health stigmas." **Culturall**

"I cannot recommend this book enough. Whether one has a passing interest in the subject, is wholly invested in the different forms of trauma or is a trauma victim, I can assure that this anthology is required reading. Sometimes with trauma there is a feeling that one fighting a lost battle but an anthology like this will make one realise that out there, you can find something relatable.» **The Bobsphere**