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Black Rainbow is the powerful first-person story of one woman's struggle with depression and how she managed to recover from it through the power of poetry. In 1997, Oxford graduate, working mother and Times journalist Rachel Kelly went from

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feeling mildly anxious to being completely unable to function within the space of just three days.

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Rachel Kelly, writer, mental
campaigner and author of Sunday
Times bestseller Black Rainbow: How
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Through Depression. ‘ A triumphant
combination of visceral emotion and
powerful writing.

Black Rainbow author Rachel Kelly
and Dominic West explore the healing
power of poetry

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In 1997, Oxford graduate, working
mother and Times journalist Rachel
Kelly went from feeling mildly anxious
to being completely unable to
function within the space of just three
days. Prescribed antidepressants by
her doctor, and supported by her
husband and her family, Rachel slowly
began to get better, but her anxiety
levels remained high, and six years
later, as a stay-at-ho

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solace and comfort during her
breakdown and recovery.

Black Rainbow: How Words Healed Me, My Journey Through ...
Overview. In Black Rainbow Rachel analyses why poetry can be one answer to depression, and the book contains a selected 40 of the poems that provided Rachel with solace and comfort during her breakdown and recovery. At a time when mental health problems and depression are becoming more common, and the stigma around such issues is finally being...

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Black Rainbow is the powerful first-person story of one woman's struggle with depression and how she managed to recover from it through the power of poetry. In 1997, Oxford graduate, working mother and Times journalist Rachel Kelly went from feeling mildly anxious to being completely unable to function within the space of just three days.

Help beat depression by reading poetry - Welldoing.org

In 2014 Kelly 's book Black Rainbow: How Words Healed Me — My Journey Through Depression was published in

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the UK and appeared on the Sunday Times bestseller list. The book details her experience with depression, including a hospitalization for suicide risk, and a multi-stage recovery.

Rachel Kelly - Wikipedia

Black Rainbow is the powerful first-person story of one woman ' s struggle with depression and how she managed to recover from it through the power of poetry. In 1997, Oxford graduate, working mother and Times journalist Rachel Kelly went from feeling mildly anxious to being completely unable to function within the space of just three days.

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