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## Cover picture

*Self-Portrait, no. 1* (2011), by Clara Lieu (b. 1976)

This project is a visualisation of personal experience with depression and anxiety. The condition brought on frequent episodes where I felt emotionally and physically out of control. Unable to 'release' myself from these episodes, I waited for the physical limitations of my body to end them. Recounting the affected years, I realise how accustomed I became to depression's influence; many emotions and feelings belonged to it, and not my own personality. After an extended, untreated struggle, a diagnosis brought relief, and the process of unearthing myself from the disease began.

These drawings are worked on sheets of sanded Dura-Lar, a thick sheet of plastic. Etching ink is rubbed into the plastic directly with my hands. Once the etching ink has fully dried, marks with lithographic crayon are added and lines are etched into the drawing using a craft knife.

Clara Lieu is a visual artist and a professor at the Rhode Island School of Design: [www.claralieu.com](http://www.claralieu.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, 17 Belgrave Square, London SW1X 8PG, UK or [bjp@rcpsych.ac.uk](mailto:bjp@rcpsych.ac.uk).

