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Cover picture

Going High #5 (2012) by David Richardson (b. 1970)

David Richardson is an artist who came to Cambridge to complete a PhD. Towards the end of this he was hospitalised due to bipolar disorder. While recovering, painting became a valuable healing tool. In much of his work, the subject matter centres around mental



health conditions and experiences, alongside religious and spiritual themes. David writes:

'In a lot of my works I use a landscape or room as a stage to place odd characters in that have become coded expressions of human emotion. In this picture I place the yellow, luminous being in the centre. He/she is an expression of the 'high state'; floating, witty, cheeky, demi-god-like and bright. He/she is teasing the characters either side, offering a flower to one, and sticking a tongue out to the other. The characters either side of the yellow creature represent psychiatry (creatures with top hats, in all my work, stand for psychiatry). The pink creature on the left is physically attempting to hold down the high state with medication, and the other is analysing, making observations, getting to the bottom of the language used by the manic patient. The two blue creatures at the front of the picture add to the feeling of everything being on a stage, fuelling the sense that one has when high, of being the centre of attention.'

Thanks to Dr Rebecca Lawrence for her help in preparing this feature.

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.