

Black Rainbow How Words Healed Me My Journey Through Depression

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Throughout both of Rachel's periods of severe depression, the healing power of poetry became an integral part of her recovery. As someone who had always loved poetry, it became something for Rachel to cling on to in times of need - from repeating short mantras to learning and reciting entire poems - these words and verses became a powerful ...

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Black Rainbow | Hachette UK

Black Rainbow: How words healed me - my journey through depression, Rachel Kelly's memoir about how poetry helped her overcome depression is published by Hodder & Stoughton on 24th April. All author proceeds are being given to the charities SANE and United Response who work with those who suffer from poor mental health.

Rachel Kelly | HuffPost

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