



Psychiatric Tales: Eleven Graphic Stories About Mental Illness

By Darryl Cunningham

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Psychiatric Tales draws on Darryl Cunningham's time working in a psychiatric ward to give a reasoned and sympathetic look into the world of mental illness. In each chapter, Cunningham explores a different mental health problem, using evocative imagery to describe the experience of mental illness, both from the point of view of those beset by illness and their friends and relatives. As Cunningham reveals this human experience, he also shows how society's perceptions of and reactions to mental illness perpetuate needless stigma, for example, the myth that schizophrenic people are more likely to commit crimes than non-schizophrenic people. *Psychiatric Tales* is a groundbreaking graphic work; it deftly demythologizes and destigmatizes the disorders that 26.2 percent of American adults live with every day.

Concluding with a reflection on how mental illness has affected his own life, Darryl Cunningham's *Psychiatric Tales* is a moving, engaging examination of what is, at its root, the human condition.

Darryl Cunningham is the creator of the Web comics *Super-Sam* and *John-of-the-Night* and *The Streets of San Diablo*. He is a prolific cartoonist, sculptor, and photographer, and lives in Leeds, England. This is his first book.

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Psychiatric Tales: Eleven Graphic Stories About Mental Illness By Darryl Cunningham Bibliography

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Editorial Review

From Publishers Weekly

In this debut book, Cunningham tells his reader right away that he has a message to impart. Having worked for years as a health care assistant in a hospital's psychiatric ward, he states his intent to counter the stigma surrounding mental illness and to represent the patients who suffer from "this most mysterious group of illnesses." The down and dirty truth about what it takes to care for dementia patients, the acts that self-harming patients are capable of, and the conundrum of bipolar disorder and schizophrenia all make for powerful, informative, and sometimes difficult reading. Cunningham's message, that "a mental illness is a brain disease just as a stroke or a brain tumor is a brain disease," is delivered in direct, no-nonsense language, while black and white drawings convey the hectic life of the disordered mind. Cunningham frequently speaks directly to sufferers, telling them that their symptoms are not their fault, that there are ways of dealing with them and simply that "you can survive." Speaking with compassion and clarity, Cunningham tells of his own struggles with severe anxiety and depression, creating a valuable tool for both those within the mental health profession and casual readers who may know someone with mental illness. (Feb.)

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From *Booklist*

This gem of a book examines a wide range of mental-health issues as well as Cunningham's personal experiences with mental illness. Chapters cover dementia, bipolar disorder, schizophrenia, suicide, antisocial disorder, and, perhaps most movingly, Cunningham's own struggle to overcome depression. He also notes important historical figures who suffered from mental illness, such as Winston Churchill, who is now believed to have been bipolar; Brian Wilson, who suffered from hallucinations; and Judy Garland, who was beset by anxiety and depression. The concise and poignant tales, while self-contained, build upon each other and create a framework that allows Cunningham to effectively question the stigmas associated with mental illness. His inviting cartooning style mixes contrasting backgrounds with simple line drawings that leave a stark impression. The overall message—that mental illness is biochemical in origin and deserves the same kind of sympathy as other serious illnesses—is one that deserves to be heard. --Stephen Weiner

Review

"Strikingly illustrates (and demystifies) disorders such as schizophrenia, dementia, and bipolarism." ?*Elle Magazine*

"Straight-forward, engaging, and possessed with both great clarity and a world of sympathy for its subject matter, Cunningham's series of essays about those suffering from mental illness and the way they're treated by modern society should sit comfortably on shelves next to works like Marjane Satrapi's *Persepolis* in terms of its easy accessibility to a wide range of readers and the humane voice that emanates from its pages. Its final chapter, in which Cunningham details his personal troubles in the course of making the work, is as affecting as any comics short story in recent memory. One imagines *Psychiatric Tales* defining, at least in significant fashion, the Yorkshire, England-based artist's career for years to come." ?*The Comics Reporter*

"Heartfelt...With *Psychiatric Tales*, Cunningham has crafted his own effective way to help both himself and other sufferers of mental illness." ?*NPR.org*

"*Psychiatric Tales* does a great job explaining this, and it would likely serve as an excellent tool for anyone

who is coping with mental illness in their own family.” *?GraphicNovelReporter.com*

“This gem of a book examines a wide range of mental-health issues as well as Cunningham's personal experiences with mental illness... The concise and poignant tales, while self-contained, build upon each other and create a framework that allows Cunningham to effectively question the stigmas associated with mental illness. His inviting cartooning style mixes contrasting backgrounds with simple line drawings that leave a stark impression. The overall message--that mental illness is biochemical in origin and deserves the same kind of sympathy as other serious illnesses--is one that deserves to be heard.” *?Booklist*

“Speaking with compassion and clarity, Cunningham tells of his own struggles with severe anxiety and depression, creating a valuable tool for both those within the mental health profession and casual readers who may know someone with mental illness.” *?Publishers Weekly*

“An illustrated primer on mental illness that builds to personal revelation ... The illustrations are compelling throughout.” *?Kirkus Reviews*

Users Review

From reader reviews:

Gerard Williams:

This Psychiatric Tales: Eleven Graphic Stories About Mental Illness are reliable for you who want to be considered a successful person, why. The reason of this Psychiatric Tales: Eleven Graphic Stories About Mental Illness can be one of several great books you must have is usually giving you more than just simple reading through food but feed anyone with information that possibly will shock your earlier knowledge. This book is actually handy, you can bring it just about everywhere and whenever your conditions in e-book and printed ones. Beside that this Psychiatric Tales: Eleven Graphic Stories About Mental Illness forcing you to have an enormous of experience like rich vocabulary, giving you trial run of critical thinking that we know it useful in your day action. So , let's have it appreciate reading.

Margaret Boyer:

A lot of people always spent their particular free time to vacation or go to the outside with them family or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read a new book. It is really fun for you. If you enjoy the book that you just read you can spent all day long to reading a book. The book Psychiatric Tales: Eleven Graphic Stories About Mental Illness it is very good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. Should you did not have enough space to bring this book you can buy often the e-book. You can more quickly to read this book through your smart phone. The price is not very costly but this book provides high quality.

Brenda Robert:

In this era globalization it is important to someone to find information. The information will make professionals understand the condition of the world. The healthiness of the world makes the information

better to share. You can find a lot of personal references to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher in which print many kinds of book. The particular book that recommended to your account is Psychiatric Tales: Eleven Graphic Stories About Mental Illness this guide consist a lot of the information on the condition of this world now. This kind of book was represented how can the world has grown up. The words styles that writer use for explain it is easy to understand. The actual writer made some analysis when he makes this book. Honestly, that is why this book ideal all of you.

Joyce Cannon:

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