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Cover picture

Always in two minds (2017) by CJ Eaton (b.1978)

CJ Eaton is an ambitious self-taught artist from Slaght, Northern Ireland. Emerging as a talented and versatile urban artist in 2012 using the alias Stanley Sprays he became known for his bold beautiful images created using intricate hand cut stencils and spray paint. He incorporates innovative techniques such as upcycling and repurposing old LPs and retro skateboards as unlikely canvases to produce stunning works. The phrase 'constantly moving forward' best describes not only his artistic philosophy but also his attitude to life. Not restricted to one medium he has demonstrated a professional quality in illustration, calligraphy and type face designs.

Originally misdiagnosed with schizophrenia and depression in 1999 eventually diagnosed as having bipolar disorder in 2009. The irony of creating art under two different names isn't lost on him. More recent work has shown a shift towards exploring his own experiences of living with bpd having had work featured on several leading mental health advocacy websites and painting an earlier version at the Upfest street art festival in Bristol last year.

'Always in two minds' is a self-portrait and essentially a bipolar Venn diagram with the purple face representing mania and the blue one depression. The space where they interlink is where that ever elusive balance is hiding.

If you wish to contact the artist email is stanleysprays@gmail.com or to see more of his work online www.instagram.com/stanleysprays.

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, 21 Prescott Street London E1 8BB, UK or bjp@rcpsych.ac.uk.

