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Cover picture

Good Grief (2008, acrylic on board).
Neil Shah (b. 1985)

Dr Neil Shah is a psychiatry trainee working in East London. He has won awards for his artwork. He writes of this painting: 'Grief should be experienced naturally and should not be medicalised. It is a natural process; thus it is 'good' to grieve. The bold colours in the picture serve to challenge the negative stigma associated with grief. I wanted the piece to be attractive and to demonstrate that grieving people should not be ostracised. The two faces with contrasting colours represent the different aspects of grief. The distorted shapes are meant to illustrate that grief does not always follow a set course. Ultimately, I think that patients experiencing grief should do so naturally and be allowed to recover without the need for medication'.



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