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Cover picture

Sayda Abdul Rashid (b. 1979).
Sunshine Merridale (2012)

I paint abstract and contemporary art. I am very spiritual and have a strong faith in God. I was given a diagnosis of bipolar disorder following a breakdown I had in Poland during April 1997. Ever since this episode I have painted pictures relating to my spiritual experiences. My paintings are personal and very much like a diary. My paintings always tell a story. This painting illustrates the theme of happiness and hope. The colours evoke a bright mood. There is a lady sitting on the left side of the picture. Once she was miserable, but she has now found happiness in 'Merridale'. She is at peace and the doors of her life have opened into a new beginning. The flower pots symbolise identity and personal growth.



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.