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Journey Through Depression was published in the UK and appeared on the Sunday Times bestseller list. The book details her experience with depression, including a hospitalization for suicide risk, and a multi-stage recovery.

Rachel Kelly - Wikipedia

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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.

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