

October 9, 2012 – Matthew Johnstone

A while back I was approached by the World Health Organisation (more commonly know as W.H.O) and asked if I'd like to make something for

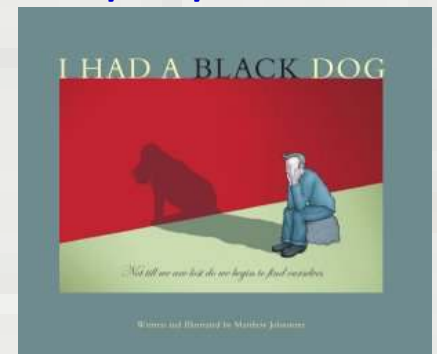
World Mental Health Day, which is tomorrow (Oct 10th).

I was really delighted to be asked, so I made a talking video version of I Had a Black Dog.

It was a strange experience revisiting this little book and physically giving it a voice.

Two things struck me, 1) was how far I've come and 2) how much my life has radically changed as a result of this little book; all for the better I have to say.

As I say in my talks, good can come from bad if we're prepared to learn from it.



Please share this video.

By W.H.O statistics, 350 million people currently suffer depression most of them unnecessarily. Woof woof!!! Mj PS I'd like to thank Pan Macmillan Australia, Constable and Robinson UK & Curtis Brown Sydney, for supporting me in this project.

Matthew made a 4 minute spoken version of his book available on YouTube here:

<http://youtu.be/XiCrniLQGYc>

