

**Rachel Kelly** is a former Times Journalist who is now a mental health campaigner, public speaker and writer. In her early 30s, Rachel was diagnosed with serious depression and subsequently suffered two major depressive episodes. These two episodes have become the defining events of her life.

Since then she has written about the condition and how she has recovered. She now speaks publicly about her experience of depression and recovery in an effort to reduce stigma and educate people about the reality of mental illness.

She is the author of four books including *Black Rainbow: How Words Healed Me*, and *Walking on Sunshine: 52 Small Steps to Happiness*.

