

SHARE YOUR VOICE



A BLACK DOG ABOUT THE HOUSE

STORIES OF SUPPORTING A PARTNER WITH DEPRESSION

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WHO WE ARE

A Black Dog About The House is an online community of carers whose simple premise is to provide hope, awareness and support for relationships affected by mental illness.

With statistics indicating that depression is on the rise, it is so important to provide the necessary support and insight to carers who are seen as the secondary sufferers of mental illness.

Research has shown that carers often experience frustration with the inability to find the right help. If you are caring for a partner with mental illness, we invite you to share your story to help others. Continue reading to learn how.

DO YOU HAVE A STORY TO HELP OTHER CARERS?

If you are a partner (or ex-partner) of a depression / anxiety sufferer, we invite you to share your personal account. The stories will be compiled and published in a book aimed specifically for carers. Your story can be published anonymously or full disclosure - it will be up to you.

The aim of the book is to capture the raw and honest accounts of caregivers with a particular focus on what they have done to maintain their own mental and physical health, lessons learned and wellness strategies whilst caring for a partner.

Please note that stories are welcome from anyone. The only requirement is that you are or have been a partner of a depression or anxiety sufferer, and willing to share your story in order to help others.

FIND OUT MORE AND CONNECT WITH OUR COMMUNITY

To learn more about this project, go to our website and click on 'the-book' option. If you want to connect with a community of people who share a similar journey, LIKE our Facebook page.