



About DepressionCanBeFun.com

DepressionCanBefun was founded by Helen McNallen who has suffered from Clinical and Bipolar Depression and wants to help others and spread the word. The site's name originated from the 'black comedy' of her experiences of manic depression. The site was launched officially on World Mental Health Day, 10th October 2008.

The aim of the website is to raise awareness of Depression and Mental Illness and to provide informative and interactive help and support for sufferers, carers, or people affected or interested by Depression, from their homes 24 hours a day.

Helen has also written a book of the same name as the website, 'Depression Can Be Fun' due to be launched in spring 2010. The book aims to get a serious message across by explaining Depression with humour and help those suffering from Depression smile in the face of adversity. Helen acknowledges Depression is not fun but looking back she sees her Depression has been like a comedy, albeit a very black one.

The book itself is supported by a number of well known people including: Alastair Campbell, 'Mind Champion of the Year and author of All In The Mind', and Lulu Guinness, the Designer, both fellow Depression sufferers; Dr Gillian Mckeith and Marisa Peer, psychotherapist, hypnotherapist and author of 'You Can Be Thin' and 'Ultimate Confidence', who has written the foreword.

Helen herself has suffered from Depression since 1998.