

I started the idea of a depressed man talking with his 'black dog' in about 2010, with a few biro drawings and ideas in an exercise book, but soon enough (with a bit of internet investigation), I found that many cartoonists had already tackled the whole depression as literal 'black dog' thing already so I gave up on it. But fast forward ten years later and just before lockdown, I found some of the drawings and it made me want to buy some nice fine-liners and white card and continue on with my own thing anyway. Plus I simply found it a bit therapeutic frankly to re-explore it all again.

Some drawings are quite confronting and dark, some are funny and throw away and the rest are maybe somewhere in-between. It's potentially tricky doing mental illness in cartoon form but my take is this: Depression and Anxiety can literally take a person to the point of such despair that I wanted to front up to it and laugh in its face for a moment or two. And why not challenge the damn beast with a bit of artistic flair and even silliness? Mental illness has taken some fair chunks out of me for decades now - so this is simply a bit of momentary revenge on a (pardon the pun) downright mongrel of a thing to have to live with.