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## Cover picture

*Sean in Blue* (May 2012). Alexandra Long (b. 1988)

I am currently an FY1 doctor and previously worked within an acute in-patient psychiatric unit for working-age adults. As doctors, we face decisions that determine a patient's future quality of life and mortality, as well as dealing with the pressures of frequent examinations on our journey to consultancy. It is no wonder then that many doctors fall victim to work-related anxiety. I created this portrait to exemplify the isolation, intensity and severe stress that can typify this anxiety. I hope that in portraying psychiatric symptoms that many clinicians can relate to, the viewer is able to empathise more fully with the entire spectrum of mental health – from eccentricities and transient anxiety they may identify in their own lives, through to pathological symptoms. Perhaps if clinicians, both within and outside the field of psychiatry, could better identify these traits in themselves, they might also begin to consider their own patients' journeys and symptoms with more insight.

We are always looking for interesting and visually appealing images for the cover of the *Journal* and would welcome suggestions or pictures, which should be sent to Dr Allan Beveridge, British Journal of Psychiatry, 21 Prescot Street, London E1 8BB, UK or [bjp@rcpsych.ac.uk](mailto:bjp@rcpsych.ac.uk).

