



Deeply personal book deals with depression

A DEBUT novel has become a personal voyage for a Wick author.

Delivered Unto Lions is David Austin's first book, and was inspired by his own experience as a 12-year-old admitted to a mental institution, with depression, in the 1970s.

"Most people don't realise that such places existed," David, above, said, "and they probably don't realise that children with mental health problems were treated in this way.

"Very powerful drugs were used as a matter of routine, and while many of the nurses were caring, the way some kids were handled could be quite abusive."

The book, published by CheckPoint Press, tells the story of growing

up, surrounded by other disturbed children and often unsympathetic nursing staff.

"I've changed the personal details to protect identities, but it is closely based on the things I witnessed or personally experienced," he said.

"There were other kids I knew who suffered far more than I did, and I know people whose entire lives have been badly affected by their memories of this type of institution."

He added that he counted himself as one of the lucky ones, and that he hoped the book, which is available on Amazon, and can be ordered from bookshops, would increase awareness of how children with mental health problems were once treated.