

# BJPpsych

The British Journal of Psychiatry



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**'Holding Us Up – Hospital Rooms Project', Richard Rawlins**

When I think of Holding Space, what comes to mind is being held aloft, above it all, above the din, above the hum drum.

We are often supported in our endeavours and within the sphere of arts and mental health, Hospital Rooms has certainly done that over the last few years between covid and now. My bed design is literally hands holding you up, festooned with colour patterns inspired by my Caribbean heritage, as well as texts that have been culled from our Hospital Rooms Digital Art School workshops of which I'm a technical facilitator. I wanted to pay homage to all the wards, schools, individuals and service users who joined us over the years to participate and communally HOLD SPACE.

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).

