

THE UK'S LEADING MAINSTREAM MAGAZINE DEDICATED TO THE HEALTH OF THE MIND

MindSet

MAGAZINE



Monty Don

Television presenter, writer, horticultural expert and a keen advocate for the therapeutic use of nature in treating mental illness

Best known for presenting BBC2's *Gardening World* and as lead presenter of the Chelsea Flower Show, Monty has written of his struggle with depression since the age of 25 and Seasonal Affective Disorder (SAD). He describes in his memoir "great spans of muddy time" in which there is nothing but depression. He noted "Earth heals me better than any medicine". He has had cognitive behavioural therapy and took Prozac before favouring a lightbox, now a recognised aid for SAD sufferers.

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