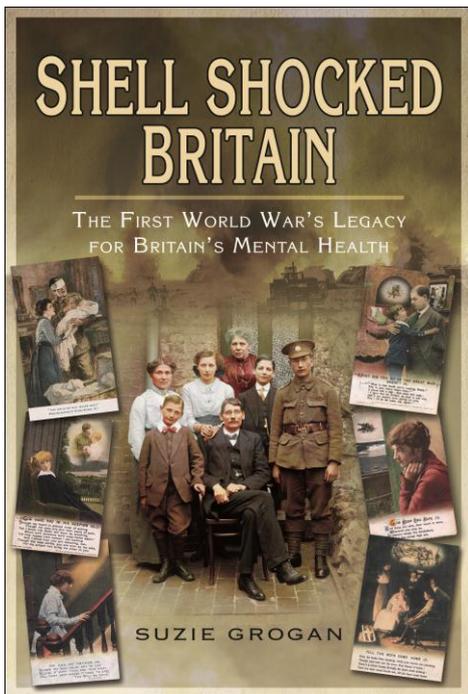


Shell Shocked Britain

The First World War's Legacy for Britain's Mental Health

By Suzie Grogan

To be published by Pen & Sword History in October 2014



Shell Shocked Britain looks at the impact of the First World War on the men, women and children who survived it. How did those four years of conflict affect the way we view the mental health of those traumatised by their experience of war, whether directly or indirectly?

Suzie Grogan was inspired to write this book when she discovered that her shell shocked great-uncle Alfred Hardiman had killed his ex-girlfriend and himself in 1922. His act sent shock waves through his community and through the generations of his own family, but it was not an isolated case.

This book uses new material to chart the many tragedies with their roots in the 1914-1918 conflict. It looks at:

- The direct effects of shell shock on the troops and their families
 - The different medical approaches to 'cure' shell shock, including electric shock treatment, hypnotism and the talking therapies, as well as 'miracle' cures. Many influenced 21st century treatments.
 - The impact of the 1922 Committee Report on Shell Shock that was supposed to change the way men were treated in future conflicts.
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- Descriptions of devastating air raids that brought the war, literally, into the domestic lives of the Home Front, killing civilians as they stood in the streets and wrecking the Upper North St school in Poplar, East London, killing 18 children.
 - Women like Mary Godden, who walked into the sea with her child whilst suffering from post-war depression and men like the Rev. Hornsby Hall, unable to come to terms with his war experience.
 - Why thousands turned to séances and spiritualist church and how the rise of the Eugenics Society had direct links to the conflict, with leading thinkers supporting unthinkable responses.
 - A re-evaluation of the response to the Armistice – it was not all 'wild laughter on Mafeking Street' as the ghosts of comrades followed soldiers past the newly erected Cenotaph.
 - How tragedies such as that perpetrated by Alfred Hardiman and suicides in general increased even into the 1930s.
 - The legacy of shell shock and lessons for future conflicts – 1914 to 2014

Author Biography: Suzie Grogan is a London-born writer and researcher publishing regularly on mental health and social history. A law graduate with post-graduate research qualifications, Suzie's first book, *Dandelions and Bad Hair Days: Untangling lives affected by depression & anxiety* was published in 2012. Married with two children she lives in Somerset. See www.suziegrogan.co.uk. Suzie is available for interview (contact suzie@suziegrogan.co.uk or 07507 064052)



Shell Shocked Britain will be published in October 2014 by Pen & Sword Books (www.pen-and-sword.co.uk) priced at £19.99. ISBN no. 9781781592656