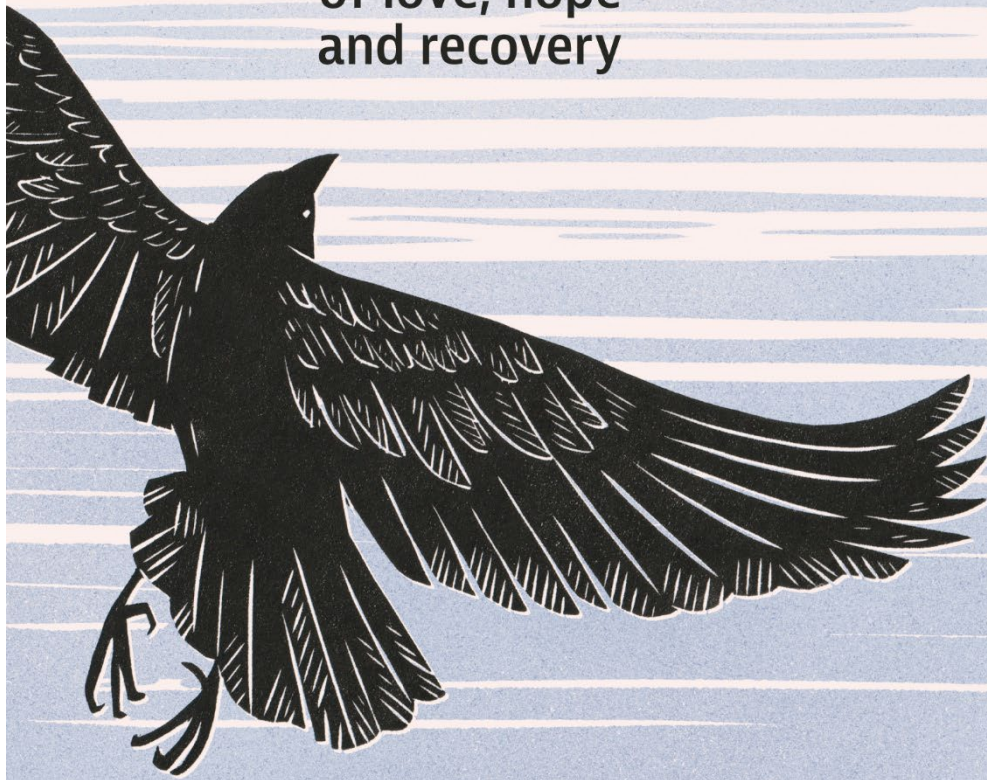


Sheridan Hough

The Soul Asylums

a memoir
of love, hope
and recovery



THE SOUL ASYLUMS: MEDIA KIT

ABOUT THE AUTHOR

Sheridan Hough is a writer with a passion for storytelling and connection through the power of words. He began writing *The Soul Asylums – A Memoir of Love, Hope and Recovery* during a period of deep personal transformation over the Covid 19 pandemic.

Six years later, following recovery from mental health and addiction challenges, given a second chance as a writer reborn, his debut publication explores themes of reinvention faced at the hardest crossroads of life's journey.

He founded the Writers for Recovery community in 2026, inspired to share and expand on a vision he had while writing the final draft of *The Soul Asylums*.

Today, Sheridan spends his free time with family, beachcombing by the ocean, and a quieter life dreaming his lost novel into existence.

PROFESSIONAL BIO

Sheridan Hough is a mental health campaigner who has spent over a decade supporting young people facing mental health challenges, while raising awareness around stigma and gaps in provision within the UK system.

From the early 2000's he was involved in developing a media project in Brighton for the unemployed and young offenders, and following this worked as an advocate for disadvantaged youth in the London Borough of Newham.

Following a life-changing breakdown in 2006, Sheridan committed several years after into campaign work for voice hearers in the UK. His work for Voice Collective (Mind in Camden) gave him frontline experience in this field of mental health, from growing online peer support communities, to developing a virtual resource hub for prison officers and health workers supporting voice hearers inside secure institutions and prisons.

Taking time away from campaign work to write and publish his own memoir of recovery and experience of the mental health and criminal justice system, Sheridan founded Writers for Recovery in 2026.

BOOK DESCRIPTION

SHORT

A washed up writer in exile, following a breakdown thirteen years earlier, is launched on a transformative journey of self-discovery and awakening, in this 'heartbreaking' story about finding the true calling of a lifetime.

LONG

Following a breakdown thirteen years earlier, a washed-up writer in exile begins to piece together the past, in this inspirational story about finding the way back home.

When a wedding photo shatters during a storm in the Lockdowns, he begins to remember the trials around the time of writing his 'great' novel, when life took a devastating turn. A mysterious disappearance. A controversial arrest. A spell of incarceration. A fall through the cracks of the system. A time when all appeared lost.

Revived by nature and love of family, this is the 'life-changing' story of a man rediscovering parts of himself lost in the storms of his past, in this memoir of personal transformation and seeking your true calling.

INTERVIEW TOPICS

- From Psychosis to Publication – The real 'lived experience' story behind *The Soul Asylums*
- Why the WHO statement on 'real lived experience stories being heard' needs to be broadcasted on World Mental Health day?
- What does 'real' recovery look like? (from a former mental health service user campaigning for change in the UK)
- How can writing help improve mental health as a tool for recovery? And why is there a growing need for a Writers for Recovery community?

QUOTES FROM THE SOUL ASYLUMS

“Time, for a time lost all sense of meaningful place, purpose, or perspective following the mystery of the siege and handcuffing on the decking of the vacant boat. After the public order arrest, I found myself spiralling down the darkest of rabbit holes that had no bearing on reality like Alice in the underworld”

“Then, on a day living long in the memory, like a vision of hope in the wilderness of the mad house, I found myself rubbing my eyes in disbelief, as though joyfully peppered sprayed with love, I caught the heartbreaking sight of a heavily pregnant Maria talking to staff members in the corridor beyond the electronic controlled security doors of the psychiatric ward”

“Passing time under self-imposed house arrest, I returned once more like a jumper to the cliffs of Beachy Head, attempting to find some shred of literary escapism in continuing to write the novel. Anchored to the desk, blank of word and sedated, for hours gazing into the white eyes of a computer screen that was no longer staring back”

“He brought me here on this day of days, the Man who broke my spirit, brought me to my knees, yet ultimately became teacher to a student learning in the darkness. This long-time companion who remains a page-turning reminder, a reflection in the mirror, of having always been the captain of my shipwrecked soul”

PUBLICATION TIMELINE

24th September 2026

E-Book available to buy on Amazon

10th October 2026

Print copy available to buy in the UK (World Mental Health Day)

19th November 2026

Print copy available to buy in the US & Australia (International Men's Day/ Men's Mental Health Month)

PURCHASE LINKS

The Soul Asylums – A Memoir of Love, Hope and Recovery. Buy the print edition via Stripe [here](#)

The Soul Asylums – A Memoir of Love, Hope and Recovery. Buy the e-book via Amazon [here](#)

ABOUT WRITERS FOR RECOVERY

Writers for Recovery is a community founded on the principle that writing is by nature a solitary act, recognising that for many writers the creative process is largely a solo journey into the unknown.

Writers for Recovery is a space where writers of all ages, abilities, genres, styles and narrative persuasions can share the struggle, while creating art with the freedom and energy associated with community. We believe in writing as an essential tool for self-exploration, reflection and expression.

Founded in 2026, Writers for Recovery is a non-profit enterprise seeking short to long-term funding in supporting writers facing challenges in their personal lives and circumstances, while offering opportunities to those considering exploring their potential through writing.

CONTACT DETAILS

Sheridan Hough is available for interview and comment.

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DISCLAIMER: Please note ***The Soul Asylums*** is a memoir based on 'lived experience' and should not be taken as a clinical guide or medical advice, while **Writers for Recovery** is a peer-led community initiative, not to be taken as a clinical or therapeutic service.