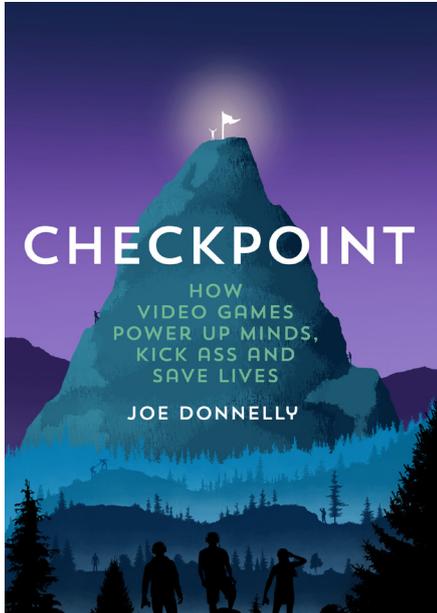




Journalist Joe Donnelly celebrates video games and their mental health benefits in his investigative memoir



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Non-fiction • Memoir
Mental health • Video games
Industry expertise

PUBLICITY

Digital copies available **for review**.

Joe available for **interview**, and

to **write features** on: aspects of mental health, video gaming, topics covered in the book.

Excerpts can also be made available

Please get in touch with queries.

*“When my uncle took his own life in 2008, I turned to video games as a means of escapism and as a learning tool. With **Checkpoint**, I’m delighted to explore the myriad ways video games teach and inform about mental health, against my own mental health journey.”*

- Joe Donnelly

You’re probably familiar with tired cliches around gaming culture in the media... Video games are violent and damaging. They’re for children, or society’s outcasts; for the lazy and those without purpose.

Joe Donnelly is here to tell you that video games, in fact, save lives. They saved his.

Inspired by his own experience navigating depression following a tragic personal loss, **Checkpoint** reflects on the comforting and healing effect that digital worlds and narratives can have on mental health.

KEY POINTS

- Makes the case for the **vital value of gaming culture** and digging beyond the broad stroke stereotypes that: gaming = bad influence
- **Timely and topical** in a world high in stress and increasing isolation; versatile title with great potential for varied readerships
- Features **exclusive, in-depth interviews** with video game developers, health professionals, charities and gamers including Nicky Case (Creator of Adventures With Anxiety), Jamie Cheng (Founder of Klei Entertainment Inc), Emma Kenny (Resident psychologist, This Morning), Luna Martinez (Video games journalist), and many more
- Deals with **serious topics of mental health**, both personally and wider scale

ABOUT THE AUTHOR

Joe Donnelly is a Glaswegian journalist, writer, video games enthusiast and mental health advocate. He has written about both subjects’ complex intersections for The Guardian, the New Statesman, VICE, PC Gamer and many more, and believes the interactive nature of video games makes them uniquely placed to educate and inform.

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