Mental Health

Ryan Murphy’s New Psych Hospital Series ‘Ratched’ Gets Premiere Date

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What to know: Ken Kesey’s book and film “One Flew Over the Cuckoo’s Nest” made diabolical Nurse Mildred Ratched a household name. She’s now got her own series set in the mid-20th century (prior to the Kesey story), titled “Ratched.” Sarah Paulson plays the evil nurse who gets her first job at a psychiatric institution in California and moves her way up the ladder, eventually landing the head nurse spot. Directed by Ryan Murphy and Ian Brennan and produced Michael Douglas, the series features other big names, including Sharon Stone and Cynthia Nixon.

> **What I found really interesting is that people prescribe such villainy to her and the truth of the matter is that she really was a product of her time. Part of the conceit of the movie is that you fall in love with all the men and their friendship, but you never want the killjoy coming in to say, ‘We have to follow the rules.’ But she was, in her way, trying to offer them help, just with devastating consequences.** — Sarah Paulson

Netflix @netflix

Sarah Paulson is the iconic Nurse Ratched.

From the creator of American Horror Story, get your first look at @RatchedNetflix — premiering September 18.

FROM THE CREATOR OF AMERICAN HORROR STORY
EMMY AWARD WINNER SARAH PAULSON
Ratched
A NETFLIX ORIGINAL SERIES
SEPT 18 | NETFLIX

9:00 AM · Jul 29, 2020

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The Frontlines: The way mental illness is treated in the U.S. has drastically changed in the last century. Instead of lobotomies and isolation, today's patients generally receive carefully calibrated medications and psychotherapy. Mental illness is now less stigmatized and viewed as one component of overall health.

- In the 1950s, there were more than 500,000 Americans held in mental hospitals
- Beginning in the 1950s, U.S. mental health policy change led to the deinstitutionalization movement, which closed many psychiatric institutions and emphasized community-centered care
- Currently there are over 170,000 residents in 24-hour mental health treatment centers
- Though the move away from inhumane institutions is progress, we have a long way to go to make sure everyone receives affordable and accessible mental health care

Get more on mental health: **Sign up** for our weekly newsletter.

A Mighty Voice: Our contributor, **T-Kea Blackman**, shared what going to the hospital for your mental health is like these days. "The movies do not show you the psychiatric unit can be a calm and peaceful place. Where I was, it allowed people with mental illness to become stable and begin to work on his/her issues through medication, therapy, writing, reading and resting. The staff was kind, and really wanted to see me succeed." **You can submit your first-person story, too**.

From Our Community:

Alan Smith
@alansmithy

Poem written from inside a mental hospital

In these walls I see pain I see a longing for a normal life Your whole life you had losses but you wanted a gain Through times of trouble in times of sorrow, you always had to survive Even on the days you didn't want to survive. The moments pass by quickly until you recall Who you once were, since last fall You were much different back then Oh silly child if only you knew what's to come You'd realize there's more than just your

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Other things to know: Mental hospitals are regularly stereotyped in movies, but the reality is usually quite different. These Mighty articles can help provide some insight:

- Why My Mental Illness Isn't Like a Movie Stereotype
- Going to a Mental Health Hospital Wasn't Like I Thought It'd Be
- The People Behind the Doors of the 'Mental Hospital'

Where to watch: This origin story of the quintessential mental health villain "Ratched" **premieres on Netflix on Sept. 18**.

Resources

If you or someone you know needs help, visit our suicide prevention resources.

If you need support right now, call the National Suicide Prevention Lifeline at 1-800-273-8255, the Trevor Project at 1-866-488-7386 or reach the Crisis Text Line by texting "START" to 741741.

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Conversations 2

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Matthew Weatherford **Community Leader** ✓
@biggmatt
United States of America • 2 days ago

•••

I remember the 1970s before there was laws about restraint and seclusion. I guess it was different because we were kids and the articles talk about adults psychiatric units. It was quite wild.

Reply 1 ♡

lalac **Community Leader** ✓
@lalac
United States of America • 2 days ago

•••

Matthew Weatherford (@biggmatt) I can't imagine

♡

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Video

Mighty Contributor
Steve Austin
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January 10, 2020

This Former Pastor is Reimagining Faith After Surviving Suicide

Message of support from Steve Austin, a Mighty Contributor, former pastor and suicide survivor who is working to reimagine religious faith in a positive light.

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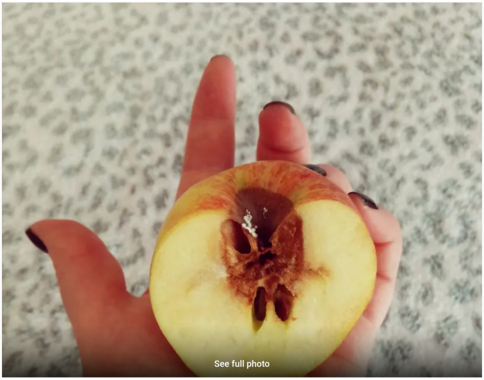

Narcissists #Chatspace #MentalHealth

I thought I'd share this pic of a rotten apple with you because an awful lot of us have narcissists in our lives or have had. This is what they are. Tempting on the outside, but POISONOUS on the inside and most of the time most people can't tell unless they take a bite. 🖤

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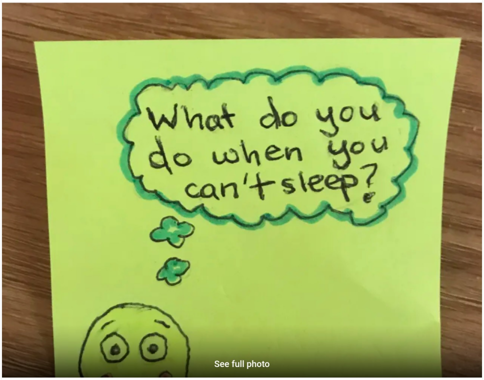
What do you do when you can't sleep?
See full photo

What do you do when you can't sleep?

We understand that sleep and health are often interconnected (spoiler alert: rest is important! 👏). And it can be difficult (and frustrating!) to know what to do when part of

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