

In this article, I will be listing the most wonderful things about (low security) mental institutions from worst to best, and the suckiest things about them, from worst to very worst. Let's go!!!

Pro

Steel drum lessons.

I'm really not sure if they are a pro or a con, which is why the lessons appear so low on the happy list. Actually, I'm not sure if I met anyone who enjoyed this activity, as bashing out very simple tunes no one likes, seems like a very poor choice of therapy, to me. But at least the staff tried. To be frank, the time could be better spent lying in bed, sitting on the bed, or fantasising about sitting on a bed.

Con

Steel drum lessons.

Actually, I've made up my mind. These activities did suck enough for them to be a con. The same amount of fun can be made from playing 'Twinkle Twinkle Little Star' on a cheap keyboard. The skill level is actually more or less exactly the same.

Pro

Games!

You can play as much X Box as you like.

Con

Games. :(

I don't like X Box. Unlike the prior activity, no one has to try at all when they watch you play. Partly because I didn't, but even if I DID, they wouldn't have to, that's what I'm saying. Tough job.

Pro

Badminton.

This activity is a lot better. It arguably doesn't reach 'fun level', but whether it's worse than bed or not is far less clear. I remember a staff member doing the same dumb move over and over again to trick me, and to my extreme annoyance it kept working. Joke's on him though, as it never worked for anyone else. Powned.

Con

Art therapy.

This activity is just creepy. You get countless funny looks from the 'therapist' as you

draw, and your projects get stored in a mysterious room for all time. No you can't take your drawing home with you. That's made very clear.

Pro

Snacks!

Mmm. Limitless and free supplies of coffee and biscuits. Not only that, you get an impressive range of the treats.

Con

Too many snacks.

Lots of unhealthy snacks combined with medications that make you put on weight? Can't see anything wrong with that.

Pro

Meals!

Surprisingly good food at M&S level. Just avoid the beef stroganoff. (Though to be fair, I've never liked that). Many would argue the food on offer is the greatest thing about the places, and sometimes I'd agree... But not ALL the time...

Con

Mental home school reports.

These were depressing. Yep, you have to go to school in the same building. Only for three hours a day, but still.

Pro

Easy to pick locks.

I know that sounds bad, but if you get bored and you want to explore another room or two, you're in luck.

Between me and you, all you need to open such locks is a small paintbrush. After leaving the place, I heard tales that plastic spoons were banned, because they could open forbidden rooms, too. :S

Con

Homework

Ha. You don't expect me to do any, do you? Still the thought of it alone was upsetting.

Pro

Being around other nutters.

There was this one guy who was so annoying, so often, he ended up getting punched in the face. Legend.

Con

Angry members of staff.

Mental health nurses are people like you and me, and they hold grudges.

Pro

Lots of time in bed.

By lots, I mean around 14 hours. THAT'S a power sleep for you. To my surprise, I was also free to indulge in my hobby of extreme sleeping (sleeping in the cold). I may have been regarded as strange, but I didn't care. Still don't! :D

Con

School.

What's worse than the school reports? School itself. Absolute death.

Pro

Lots of time to listen to music.

You know what? When I had my CD player on in my room, I was fairly happy a lot of the time. Staff and patients got very familiar with Stratovarius, Hammerfall, Metallica, and the shred metal genre. 'Isn't Yngwie Malmsteen fast?' I thought. Other people wanted me to turn the music off, but didn't have the power to do so. :)

Con

Aerobic Exercises.

Words can't describe how much I hated exercise at the time. If I couldn't be bothered to get out of bed, how the flip was I supposed to run on the spot for ages? Again, the staff probably didn't want to hurt me, but they did, both mentally and physically.

Pro

Trips to supermarkets.

I actually enjoyed the trips out to buy food. Naturally I didn't enjoy the cooking of such meals quite so much, in fact I didn't even bother. Ah, bed. So comfy.

Con

What's the second worst thing about mental homes? BOREDOM!!!! I mean I was SO bored.

Pro

Trips to local CD shops.

Ok, THEY were fun. Don't be annoyed, you the tax payer don't supply people like me with heavy metal music, I was given the money by my family.

Con

Having schizophrenia. Bit of a no-brainer, that one.

Ok! That was a brief summary of the crappiest year or so of my life. Lots of biscuits were eaten, and lots of music was enjoyed. So not all bad! Byeeee!