



Challenging ideas in mental health

Mental health service users often feel - and often are - disempowered from taking control of their own destiny. The video tracks on this album tell the story of people who have been confined to the psychiatric wing of a large Northern hospital. Scripted and acted by mental health service users/survivors, *A Quiet Night on Roundhay Wing* presents an insiders' perspective on the people and practices that have dominated – and defined – their lives, often over many years. Although the events portrayed did not actually take place, it is a true story in the sense that it is grounded in and reflects people's real experiences. The audio tracks explore some of the issues raised by the drama, and present perspectives on the album from Ann Mitchell, lecturer in mental health nursing at the Open University. The material forms part of the Open University course K272, *Challenging ideas in mental health*.