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What is Mad Culture?

It is a celebration of the creativity of mad people, and pride in our unique way of looking at life, our internal world externalised and shared with others without shame, as a valid way of life.

It is an acknowledgement that we are reacting to a society that is scared of us and will hijack our art and literature once our artists and writers are dead and therefore deemed safe and easy to control, corrupt and capitalise.

Our culture is that we have control of our lives without being brutalised by a psychiatric system that wants us to conform to an ideal of normality that doesn't exist anyway. It is challenging the idea that madness is something to be hidden; it realises that visibility counts in order to break the stigma that has a stranglehold over every single mad person alive today. Mad Culture is saying, 'Yes, yes!' to life even if embarrasses the 'normals'.

Mad Culture is saying: I won't hold your sanity against you. My reality is good enough. Is yours? Not all mad people are artistic, some are quite happy to be accountants, and I don't think mad accountants should be discriminated against.

We are already an alienated sector of society, in fact the most alienated sector of society. We are not full members of this society or culture and that is not going to change without us changing it. Because why is it in their interest to change what makes them feel comfortable and superior. So in that sense we need to create our own culture in which we feel comfortable in. Some would argue that leads to separation, but we are separate. Where does madness fit in 'normal culture'?

We are the untouchables. Only fit enough to work in sheltered workshops, to be cleaners, media scapegoats and to paint multi-million pound masterpieces. Put simply, in this present culture we have victim status; in our culture, we are just ourselves. WE want a culture that doesn't produce a suicide every 40 seconds.

Why have pride about suffering distress, some may say? It's not about that. It is pride in our strength to survive that distress and what it teaches us, and not to feel like lesser beings because of it, and to question why we feel lesser beings because of it, to question that madness is an illness and not a human response to a sick society, a sick upbringing.

Can you imagine a world without music, art, dance and drama? It would be an empty, bland place. So why is the world without your music, art, dance and drama? If life is a stage, is yours worth watching? What would make the show better? Can we change the ending? Or make it a better story? Culture is letting us tell the story not them - it is as simple as that

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