# Dr. Benji Waterhouse's Memoir Sheds Light on NHS Psychiatry Through Comedy and Critique



Dr. Benji Waterhouse’s memoir "You Don’t Have to Be Mad to Work Here" provides a comedic yet sobering look at the state of NHS psychiatry, chronicling his experiences from his early days as a trainee psychiatrist. The book details his first shocking encounters, such as receiving a crash course in martial arts to defend himself against potential violent patients and navigating a dismissive healthcare system that prioritizes bed space over patient care. Waterhouse shares anecdotes about patients like Paige, a young woman with a history of severe trauma, whose cries for help are often trivialized by senior medical staff.

Drawing comparisons to Adam Kay’s style, Waterhouse uses humor to highlight the inadequacies of mental health services, such as the reduction of psychiatric inpatient places from 67,000 in 1988 to 18,000 in 2019, forcing patients to travel great distances for care. Despite the ongoing challenges and his growing cynicism, Waterhouse finds inspiration in his patients, underscoring his belief in the importance of empathy and understanding in medicine.

With a TV adaptation in development, Waterhouse aims to shed light on the current state of NHS psychiatry, blending wit with a critical view of systemic issues, thus fostering awareness about mental health treatment in the UK.