

## **Mental Health in 1892 viruses 2020**

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Imagine being isolated from the things that you love to do, like walking in the park, playing with your dog, listening to music. In the story "The Yellow Wallpaper" the narrator suffers from depression, but her husband John thinks it's okay to isolate her far away. In the story John doesn't let her be exposed to things she enjoys like writing and being outside. As the story goes on we notice the narrator becoming more and more ill. Because the story takes place in the late 1800's it's important for people to understand the difference from then and now.

In 1892, there wasn't medicine or treatments that existed. So the people did what they thought was right and sent people away to a cottage. This cottage would be three miles away from the village where the person would stay alone. In the beginning of the story, the narrator is disturbed by the yellow wallpaper on the walls. She tries to tell her husband John that she didn't like it but he ignored her. As the story continues and she is talking about the wallpaper, in her mind it starts to shape as if there was a person behind it. By the end of the story she frantically rips the wallpaper off the wall. Overall by the end of the story she gets worse.

Compared to the treatment in 1892, today the treatment for postpartum depression has completely changed. In 2020, we have different specialists that help with different kinds of therapy. For example, Thai-An who is a therapist suffered from postpartum depression. The way she got treatment was self care. Self-care is basically cutting yourself some slack and giving yourself time. But it doesn't mean to isolate yourself, unlike the character in the story.

In 2020, we know how to treat and take care of ones with postpartum depression. The difference about now and back then is people used to be isolated when they were showing symptoms of depression. Like in the story "The Yellow Wallpaper" the narrator is facing postpartum depression, she was sent away to face her problem alone. Compared to today, the way they handle depression is completely different. Today, they offer special treatments and

therapists that you can go to. For example, Maya, a woman who had a history of depression and anxiety wrote about her experience with postpartum depression. She started going to see her psychiatrist and started special treatments. Her baby went to live with her sister while she was getting treatments. Although her baby didn't live with her, her husband still lived with her to support her through the tough time. Compared to the story, she wasn't isolated by herself, or left to get better by herself.

It's important for people to read this story to educate on depression in 2020 viruses 1892. At the end of "The Yellow Wallpaper" we see the narrator starting to hallucinate another person in the wallpaper. The treatment and isolation she received drove her to insanity. Compared to today the treatment for postpartum depression is entirely different. You can receive self-care, medication, or special treatment. It is important to educate people on the evolution of treatment over the years. Mental health has developed with different treatments over the years. It's important to read this story to show how the treatment for postpartum depression was treated in 1892, compared to how it's treated in 2020.