

[BDBD EP3: How I Met My Andy](#)



Breaking Down, Breaking Down.

BDBD EP3: How I Met My Andy

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Taking substantially less time than it took Ted to explain how he met his kids' mother, this episode takes a look at how Wil came to get to know Andy, whilst both were inpatients at Bushey Fields Hospital, and acute Mental Health Hospital in Dudley, United Kingdom.

Together, we take a look at possibly the second most painful induction process after being sent to prison, how what's on TV at 6AM dictates what patients have to watch for the rest of the day on a certain ward, and how 12PM and 5PM became affectionately known as 'Slopp-O-Clock'. Wil rants briefly about how important it is to have cash and cigarettes on you

when you get 'committed', Andy says 'Yes, definitely' a few to many times, and we reminisce on just a few of the memories of our first weeks inside the one, the only Clent ward in 2024.

Note: *We're just getting started on inpatient life: Plenty more to come in the next couple of episodes!*

[BDBD EP2: The Only Thing I Like About Christmas Is Cake](#)



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This episode takes a look at Christmas, or if you're American 'The Holiday Season'. It highlights some of the basic issues around seeking mental health support during this period

in the UK, and also some of the difficulties people face around Christmas when it comes to 'spending time with your loved ones'. Andy eventually says more than one sentence at a time, and occasionally, Wil is able to finish a point in less than 20 minutes of rambling. Good times.

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