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Marilyn Monroe: Mental Health Topic

Sruthi Anne

From the surface, things can always look glamorous. It's like models are perfect and their lives are perfect, they earn lots of cash and acquire free things for just standing there taking pictures and looking good. In reality, people don't realize how unhappy, how uncomfortable, and how dangerous a model can feel in their life.

Marilyn Monroe was a famous model and actress. Norma Gene Mortensen (Marilyn Monroe's birth name) was born on June 1, 1926 in Los Angeles, California. Her mother Gladys Baker couldn't take care of her so she left Monroe with another couple within the time period after her birth. Throughout her childhood Monroe would reside in a spread of foster homes and at one point she was in an orphanage. Some people believe that Martin Edward Mortensen was Monroe's father, but her father's identity is unknown. She also used the family name Baker at different points in her life. During her early years Monroe was described as being shy and intelligent. Her mother visited her often and they even lived together for a bit in 1933 once Gladys bought a house. In 1934 though, her mother was hospitalized with paraphrenia. Gladys would be in and out of psychiatric hospitals for the rest of Monroe's life. Norma Jean Baker frolicked with various families and at one point endured abuse of a sexual and emotional nature before being placed in an orphanage.

Until marrying a person named James Dougherty on June 19, 1942, Monroe would become a model after working for a few times in his factory. Her husband wasn't supportive of this career and Monroe was uninterested in the marriage, therefore the couple divorced in 1946. She was able to land a short-term contract with 20th Century Fox and this is often why she changed her name to Monroe. But her big break would be available in 1950, when she signed a seven year contract with 20th Century Fox. She was still struggling financially at this time during her career and she had relationships with a variety of men, many of them within the industry.

In 1954, Monroe had more problems with 20th Century Fox and decided to form her production company. She had the liberty in picking her roles and therefore the production company agreed to pay her 100 thousand dollars per film. At this time, Monroe was battling some different problems; she was having insomnia and was using barbiturates to sleep, and she was feeling insecure. She was really unsure about her own acting talent, so she entered therapy to deal with these issues specifically psychoanalytic therapy which is predicated on the work of psychoanalysts. This therapy really centers around the idea of a conscious mind and an unconscious mind. She also had plenty of difficulties on set, including arriving late and being generally disruptive in filming. She not only suffered from chronic insomnia, but it's reported she had mood swings as well. Some people even describe her as being hysterical. Monroe had an extrauterine pregnancy and she spent a while within the hospital after she overdosed on barbiturates in 1958.

Monroe was eventually diagnosed with an addictive paranoid borderline personality and manic depressive or bipolar personality. She traveled to Japan, weariness disrupted her sleep, and then she got into the cycle where she needed the sedatives to travel to be able to sleep. On the other hand she used stimulants, so she can be active enough to work. There is a lot of pressure on an actress to bring an incredible amount of energy and enthusiasm to bring to the set. This pressure really took a toll on Marilyn Monroe so she became stuck during this horrible cycle and additionally to her mood ability, she just couldn't get a decent night's sleep when exhaustion substance use and mood regulation problems combine - it's a recipe for disaster. It's an interesting pattern because it's one we also see with Elvis Presley and Michael Jackson (chronic insomnia). On

August 4, 1962, Monroe died at 36 years old from an overdose of barbiturates at her home in Los Angeles. Her death was ruled a probable suicide, although several conspiracy theories have been proposed in the years after her death.