

## 《Amanda Bynes街头亮相精神好，曾被送精神病院》

近日，有网友看到女演员Amanda Bynes从星巴克走出，她梳着丸子头，看起来精神很好。

自2010年宣布永久退出娱乐圈后，Amanda Bynes曾因为酒驾、吸毒、打人被抓多次上头条，之后还因为自残被查出有精神病而被送进精神病院，直接从女神堕落成了阶下囚，让人欷歔不已。



01

The actress was spotted walking home from Starbucks in Marina del Ray, Calif. Thursday

with her freshly dyed hair in two space buns.

周四，有人看到这位女演员从加利福尼亚州马里纳德尔雷的星巴克步行回家，她新染的头发扎成两个丸子头。

Her hair also appeared to be shaved on the sides above her ears.

她耳朵上方两侧的头发似乎也剃掉了。

Bynes, who checked into an inpatient mental health treatment center in July, appeared to be doing well and wore a concentrated expression as she carried two venti-sized drinks in a travel tray.

拜恩斯曾于7月入住一家精神健康治疗中心，她用旅行托盘上端着两杯超大杯饮料，看起来似乎表现良好，表情十分专注。





She dressed in lilac skinny jeans and a cropped collared shirt emblazoned with text about following one 's dreams.

她穿着淡紫色紧身牛仔裤和一件偏短的有领衬衫，上面印有追随梦想的文字。

The “ Amanda Show ” alum wore black Vans and added another pop of color with red lipstick.

这位“阿曼达真人秀”演员穿着黑色Vans鞋，并用红色口红增添了另一种流行色彩。



Her public appearance occurred two days before she dropped her brand-new podcast, “Amanda Bynes & Paul Sieminski: The Podcast,” on Spotify.

她的公开露面发生在她在Spotify上发布全新播客“阿曼达·拜恩斯和保罗·西敏斯基：播客”的前两天。

## 02

据报道，Amanda Bynes和在治疗中认识的Sieminski计划要采访一些人，看来这位女演员的精神状况已经好转，要开始专注自己的事业了。对此，不少网友表示恭喜，希望她能快速步入正轨。

Amanda Bynes出生于1986年，是布兰妮同期的女演员。她3岁出道，曾出演过《足球尤物》、《女孩要什么》、《绯闻计划》等知名电视剧和电影，被誉为美国甜心，曾是一代人心目中的女神。

然而，这位如日中天的国际巨星也和布兰妮一样，曾被家人监管多年，直到解放布兰妮运动后才被解除监护。

但是，解除监护权不久，Amanda Bynes就频繁被发现出现精神问题，今年还两次因为精神问题而被拘留。



Back in June, TMZ reported that Bynes was taken into custody after police received a call about a woman who was in distress.

早在六月份，TMZ报道，警方接到电话称一名女子遇到危险，随后拜恩斯被拘留。

Sources told TMZ that the former actress felt she needed more help.

有消息告诉TMZ，这位前女演员觉得她需要更多的帮助。

She was then placed on a psychiatric hold for a mental health evaluation.

然后，她被送入精神病院接受心理健康评估。



It marked the second time this year that Bynes was evaluated by a professional medical unit.

这是拜恩斯今年第二次接受专业医疗机构的评估。

The former child star was also detained in March after being found roaming the streets of Los Angeles naked.

今年3月，这位前童星在洛杉矶街头裸体游荡后，也被拘留。

Bynes reportedly called the police on herself and was taken to a nearby police station.

据报道，拜恩斯报警后，被带到附近的警察局。



After arriving, a mental health expert determined Bynes needed to be placed on a 5150 hold.

抵达后，一位心理健康专家确定Bynes需要进入5150精神病院治疗。

At the time, her ex-fiancé, Paul Michael, exclusively claimed to Page Six that Bynes was “off her meds,” which prompted the erratic behavior.

当时，她的前未婚夫保罗·迈克尔(Paul Michael)向《Page Six》独家透露，拜恩斯“停止服药”，导致行为反常。

虽然今年已经两次进入精神病院，但是，经过长时间的积极治疗，目前看来，Amanda Bynes精神状态还是很好的，期待她能恢复正常，像正常人一样工作、并有自己的梦想。

Amanda Bynes曾经是知名的美国甜心，不知道什么原因，她会落得如此下场，但是，现在她已经解除监护，可以自由决定自己的人生了，希望她能快速恢复，并开启新的人生。