



*Let Me Tell You  
What It's Really Like*

"Powerful and engaging", *Let Me Tell You What It's Really Like* is a frank conversation on living with mental illness, both for the person diagnosed and those in his or her life. In this one-act play the audience is addressed directly by two actors, one representing a person with bipolar disorder (Inside) and the other (Outside) playing all of the other characters (family, friends, coworkers and others). Both share the emotions, thoughts, and fears that are part of all sides of a bipolar existence.

Based on a series of interviews, the intention of the work (40-minute one-act play followed by a 20-minute Q&A with the actors) is to honestly present a broad range of experience for those who are living with an emotional and mental disability. This performance leads to greater understanding for everyone who has to deal with all forms of this illness and strengthens the support of a more compassionate community.



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## Need Help?

### SUICIDE & CRISIS LIFELINE

Call, text or chat: dial 988

1-800-273-8255

### National Alliance on Mental Illness

<https://www.nami.org/>

### this is my BRAVE

<https://thisismybrave.org>

People with mental illness raise awareness through storytelling.

### U.S. Department of Health and Human Services

<https://www.mentalhealth.gov/>

### Mental Health America (mental illness screening)

<http://www.mentalhealthamerica.net/>

### Employee Assistance Programs

Many employers have employee assistance programs that may provide counseling services.

For comments, performance information, or help finding help, visit us at [LMTYMentalHealth.org](http://LMTYMentalHealth.org).

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