



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

*Let Me Tell You What It's Really Like* is a frank conversation on living with bipolar disorder, both for the person diagnosed and those in his or her life. The audience is addressed directly by two actors, one representing the person with bipolar disorder (*Inside*) and the other (*Outside*) playing all of the other characters (family, friends and coworkers). 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 is to honestly present a broad range of experience for those who are living with an emotional and mental disability. We hope it will lead to greater understanding for everyone who has to deal with all forms of this illness and strengthen the support of a compassionate community. (Contains mild profanity)



## Need Help?

### Suicide Prevention Hotline

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, contact us at [LMTYmentalhealth@yahoo.com](mailto:LMTYmentalhealth@yahoo.com) or like our Facebook Page, *Let Me Tell You What It's Really Like*.