

# Over The Wall Picking Apples

## Richard Crowe

### Potential Mental Health Triggers

Over The Wall Picking Apples is a show about Richard's experience of living with Bipolar Disorder. The show is sometimes serious and at other times humorous. Throughout there are references to mental health diagnosis, medications and side effects, synaesthesia, some sexual/genital references and swearing, descriptions of suicidal thoughts and losing friends to suicide. At times Richard raises his voice to shout. There are no other loud noises and no use of flashing lights/strobe in the show.

As an audience member it is perfectly OK to leave the auditorium if you feel triggered or are uncomfortable with any content. At each performance there will be a member of the Samaritans on hand if you need to talk. More information about local services and helplines are on the free programme sheet, should you require further support. After each show there will be an audience discussion if you have any questions for Richard about what you've seen.

While we have made every effort to disclose potential triggers in the show – it is not possible to predict everything that an audience member might find challenging as this is very personal. Please do let us know if you feel we should add something.

We hope you enjoy the show!

Scene	Potential Triggers
1	No triggers identified
2	A comic scene where Richard pretends to be a flight attendant delivering a "safety talk" with multiple references to mental health including hallucinations, voice hearing, suicide, drugs and medication. Further comic references to crashing and killing the pilot.
3	No triggers identified
4	A scene about visiting the psychiatrist, diagnosis, misdiagnosis, medication and unpleasant side effects. Richard talks about the impact this has on his family life. The scene is moving.
5	Richard tells a story about his friend who lived with Bipolar Disorder and who died by suicide. This is a sad and challenging story which includes references to AIDS, bereavement, recreational drug use and parental abandonment. We hear details of the method of suicide using pills and alcohol. We do not see suicide enacted.
6	Richard experiences synaesthesia – in this scene we see him hearing music played by furniture. The scene starts off lightly but as it progresses Richard shows his distress physically covering his ears and clutching his head.
7	No triggers identified
8	Richard explains more about living with Bipolar Disorder. He explains details of his symptoms, medication and behaviours. We hear suicide statistics are higher for people living with Bipolar Disorder than for

	the general population. Richard shares concerns that his condition may be hereditary.
<b>9</b>	Richard talks about ideas of masculinity. The tone of the scene is light and factual. There are references to genitalia, war, a bomb, a dismembered body and extensive swearing. At the end of the scene we learn that another friend of Richard's died by suicide. There are no graphic descriptions of suicide in this scene.
<b>10</b>	The final scene shows flashes of all the stories we have heard throughout the show. The mood is disorienting. There are extended graphic references to Richard contemplating suicide. The show ends with Richard making the decision to live.