

## Let's Talk About Mental Health

**To Be Determined Theatre Co.** is thrilled to be mounting a professional tour of "**A Permanent Solution...**" after the success of our spring student acted tour. We toured this Canadian play, written by Tom Slater, to high schools across the Wellington & Dufferin Public & Catholic school boards last spring to rave reviews (see attached). This play uses characters in high school to discuss the issues of depression & suicide in teens. Although these topics are currently mandated in the Ontario curriculum, they can still be difficult issues to broach in the classroom.

**"Canadian youth spend more time in school than anywhere else outside the home. Schools are often challenged to deal with youth mental health, but are seriously underequipped and inadequately supported to handle this responsibility."**- Canadian Mental Health Assoc.

"*A Permanent Solution...*" brings to light the struggles, impact and danger of letting mental health go unchecked in teens. It focuses on the resources that are available to students in school, as well as helping teens realize it's okay to speak up about these issues, whether it is for themselves or a friend. This production **sheds both information and hope**, which is why it is an excellent interdisciplinary aid for high schools when covering this curriculum.

The play follows the lives of a group of friends dealing with the issues of depression and suicide. Lisa, a straight-A student with a bright future is struggling with issues from the past that have haunted her for years. She has been dating her boyfriend Jason for three years, but he is unsure if he is still committed to the relationship, even though he loves her deeply. Her best friend Dee, having dealt with mental health issues in the past, tries to be supportive while Brad, Jason's best friend uses humour to help his friends while disguising his own problems. **This 50 minute play is poignant, powerful, humorous and speaks honestly to today's youth.**

TBD Theatre Co. has toured youth focused theatre across Ontario to schools, festivals, libraries, theatres including the CNE. Between working with and performing for youth we recognize the power of theatre as an educational tool and are **committed to offering accessible & engaging productions for schools** throughout the province. We are one of the only companies touring theatre of this social importance to high schools in the country and we are proud of our role in raising awareness of mental health first aid.

Each school we perform at receives a thorough **educational package** in advance that was created by **The Suicide Awareness Council, Canadian Mental Health Association & the Upper Grand District School Board**. The in school preparation before performances was extremely successful last spring, not only for support of the students, but also for the school staff.

To find out more about the production, or **to book a performance** at your school contact Alexandra Lent 519-265-1768 or [alent@tobedeterminedtheatre.ca](mailto:alent@tobedeterminedtheatre.ca). **Tours available** as of December 7 2014 throughout 2015.

We are offering a **FREE PREVIEW** of this production on **DECEMBER 6<sup>th</sup> @ 7pm** at Fox E.L. Theatre in Guelph. **Book your tickets in advance @ [www.tbdtheatre.com](http://www.tbdtheatre.com)**

Testimonials of “A Permanent Solution...”

“Thank you- this is how I feel sometimes and seeing it onstage **made me feel less alone.**”

Student

“Bringing the play to the school involved preparation, supports for the day of the performance and follow up activities. This is a wonderful opportunity to **increase awareness** about suicide and the **resources that are available** and to start or increase discussions with staff and students.”

Dr. Lynn Woodford, Mental Health Lead, UGDSB

“I liked the **honesty and truth** of it all, and it really made people realize that things like that actually happen.”

Student

“As a mental health organization, there are many ways in which we try to educate people about mental health and suicide, and I have been involved in many worthwhile projects and initiatives over the years. My support and participation with the tour of ‘A Permanent Solution...’ has been one of the most **significant and meaningful opportunities**. The entire process, from the educational preparation for the schools, the actual performance, and the debriefing in smaller groups after viewing the play all contributed to the overall impact and **beneficial experience** for everyone involved.”

Sandra Parkinson, Canadian Mental Health Assoc.

“High school can be difficult, even for people who are smart. **Everyone wears masks.**”

Student

“The play was excellent -- a true and heartfelt portrayal of the issue of teen suicide. ... It is an important and **effective way to educate** the public, especially high school students, about the important **life and death issue of suicide.**”

Rev. Amy Cousineau, Suicide Awareness Council

“**Everyone has been touched by** the subject of **suicide and depression**, but no one has really addressed it like this before.”

Student