



INTRODUCING

# WE HAVE APPLES

A NEW MUSICAL

What is the show about?

# Ending the stigma: Musical takes on mental health



# The Ocean

JANE

Some have a fountain  
inside of their head  
or maybe a pond  
that lies there instead  
Ponds are beautiful  
and easy to keep  
but I need to dive, to leap

I have an ocean rolling in me  
Sometimes I'm swimming, splashing, I'm free  
I have an ocean with no end in sight  
but when there's a storm, I get lost, it's a fight  
and I don't want to drown  
but I don't want to lose, the ocean



\*Creating characters with  
mental illness

\*Aims of the show



\*Good Company

\*Educating through comedy





THE  
HUFFINGTON  
POST

"5 Reasons Why I'm Not Ashamed of My Mental Health Condition"



#imnotashamed

The Washington Post





**Tim McKenna** @TimMcKenna5 · Jan 15

**#imnotashamed** of my bipolar- mental illness is an illness just like an other, a flaw in chemistry not character.



**JazzEvents** @JazzEvents · Jan 7

**#imnotashamed** because my fight against the **#stigma** of depression may help someone else. **##PTSD**



**Detroitmechworks** @Detroit15 · Jan 8

**#imnotashamed** that my PTSD came from honorable service. I'm ashamed of the people who claim it isn't real, or that I'm just a coward.



**Jessica Sneeringer** @\_shethewolf · Jan 7

**#imnotashamed** of being **#bipolar**. It has brought a brilliance and empathy to my writing that otherwise wouldn't have been found.



**Kathy Boehm** @KathyBoehm · Jan 18

**#imnotashamed** that I have bipolar disorder. It is an illness, but it isn't all I am. I'm a wife, mom, daughter, & teacher, strong & brave.



**Chirlane McCray** @Chirlane · Jan 13

**#IAmNotAshamed** of speaking out about mental health, because there is NO HEALTH without MENTAL health.

more: [nyc.gov/thrivenyc](http://nyc.gov/thrivenyc)



**MentalHealthAmerica** @MentalHealthAm · Jan 13

**#ImNotAshamed** "I must fight in the open" - Clifford Beers

[washingtonpost.com/news/inspired-...](http://washingtonpost.com/news/inspired-...) **#mental health #B4Stage4**



**Sean Costello Fund** @seansfund · Jan 9

**#imnotashamed** of my son. He was talented, brilliant, kind, humble, funny, in other words, as perfect as a person could be!



## Flor's story

May 24, 2016



I am currently studying psychology, I am about to graduate!

My passion is my career, arts, photography, aerial silks, movies, books!!

I am not ashamed of my mental health condition because I know it doesn't define who I am. It is just a piece of my history. I mean.....

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## Featured Posts



Pier's Story

April 25, 2016

## Recent Posts



Flor's Story

May 24, 2016





#IMNOTASHAMED

I was an eating disorder, a ghost and I was in a huge depression for a long time. But #ImNotAshamed anything I will never give up on my dreams and from this summer, I'm going to a college in Cali! I'm so proud of myself!  
#ImNotAshamed

#imnotashamed

#I AM NOT ASHAMED

#Imnotashamed

#imnotashamed

#Imnotashamed

#Imnotashamed

#imnotashamed  
of my son who suffered from depression & died by suicide

#imnotashamed  
I AM NOT ASHAMED THAT I LOST MY SON TO MENTAL ILLNESS AND SUICIDE

I'm Not Ashamed

#imnotashamed

#ImNotAshamed



I suffer from  
Fibromyalgia  
Crohn's Disease  
OCD  
Binge Eating  
Depression  
Sick Not Weak  
#Imnotashamed

#IMNOTASHAMED

#IMNOTASHAMED

#IMNOTASHAMED



I AM NOT ASHAMED! I AM GIFTED

#ImNotAshamed

#IMNOTASHAMED

#Imnotashamed

I suffer from...  
Bipolar II & Anxiety  
And...  
#ImNotAshamed

I AM NOT ASHAMED

#I'm NOT ASHAMED



#IMNOTASHAMED



#imnotashamed

#imnotashamed

#Imnotashamed



# i am not ashamed  
@Teamnot ashamed

#imnotashamed

\* Im not ashamed

#imnotashamed

EVERYONE HELP TREND  
#I M NOT ASHAMED

#imnotashamed

#ImNotAshamed

#imnotashamed

#Imnotashamed

#IMNOTASHAMED

# i am not ashamed  
@Teamnot ashamed

#ImNotAshamed

#imnotashamed

#I'M NOT ASHAMED

#Imnotashamed

#IMNOTASHAMED

#imnotashamed  
to love you  
#You are not alone

#ImNotAshamed

I'm not ashamed  
#I'm not ashamed

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AM NOT ASHAMED

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#IMNOTASHAMED

# I AM NOT ASHAMED

[wehaveapples.com](http://wehaveapples.com)

[teamnotashamed.com](http://teamnotashamed.com)

DON'T BE  
*ashamed of*  
*your story*  
IT WILL  
INSPIRE OTHERS

FEARLESSMOTIVATION.COM  
**VULNERABILITY IS NOT WEAKNESS.  
AND THAT MYTH IS PROFOUNDLY  
DANGEROUS. VULNERABILITY  
IS THE BIRTHPLACE OF INNOVATION,  
CREATIVITY AND CHANGE**

BRENÉ BROWN