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FOR IMMEDIATE RELEASE

THE BRAIN HAS OPINIONS TOO – THEATRE INSOMNIA PRESENTS *ALL OF ME*, A CONVERSATION ABOUT ANXIETY AND DEPRESSION

Toronto, Ontario – May 30th, 2018 *All of Me*, written and directed by Ashley Elliott, hosts its world premier at the Toronto Fringe this summer. Told from a unique neurological perspective, the characters include Left & Right Brain, Anxiety, and Depression of Allison. When Anxiety and Depression try to take over Left and Right's jobs, we see how Allison's mental disorders disrupt her everyday life, including her social life, work, and relationships. The story showcases issues surrounding mental health; specifically, how a creative person lives with anxiety and depression.

"One of the biggest challenges I faced while writing this piece is fighting against my own anxiety and depression. When you suffer from anxiety disorder it's very hard to write about something that is very personal, because your anxiety constantly telling you that you will fail. It's very hard when your own brain is fighting against you." - Ashley Elliott (director, playwright)

"*All of Me* separates experience between people who do have mental illness and who do not. The people who do have mental illness are considered to be a marginalized group which often goes unseen. When we are talking about issues related to mental health, visible and invisible disabilities, it breaks the stigma, and as a society we grow." - Zachary Arndt (dramaturg)

Theatre Insomnia was founded in late 2017 as a company to give a voice to those who have been stigmatized in the past, and to remove the taboo of discussing mental health. It hopes to raise awareness and consideration for those with non-physical disabilities and illnesses.

All of Me will run July 6th - 13th, 2018 at the Al Green Theatre (750 Spadina Ave) as a part of the Toronto Fringe Festival. A relaxed performance will be held on July 12th, at 4:00pm.

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MEDIA

Website: www.theatreinsomnia.com

Facebook: www.facebook.com/theatreinsomniaTO

Twitter: www.twitter.com/theatreinsomnia

Instagram: @theatreinsomnia

SUMMARY

7 performances

59 minute run

Performance Schedule:

July 6th, 2018 - 3:00pm

July 7th, 2018 - 1:45pm

July 8th, 2018 - 6:45pm

July 10th, 2018 - 10:45pm

July 12th, 2018 - 4:00pm

July 13th, 2018 - 8:00pm

July 14th, 2018 - 12:00pm

Tickets: \$13

Buy tickets online: www.fringetoronto.com/festivals/fringe/event/all-me