



# **Mental Health Talk Info Pack**

**For Actors in Training**



**Website: [throughthedarkness.blog](http://throughthedarkness.blog)**

**Email: [wjadolphy@gmail.com](mailto:wjadolphy@gmail.com)**

**Mob: +44 7533 8989 71**



## About Will

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Will was the Artistic Director of Flux Theatre and an Actor-writer for 6.5 years after graduating from The University of Central Lancashire in 2015.

Some of Will's career highlights included working at the Young Vic/Noel Coward, having a one-man show at the Arcola Theatre & producing shows/new-writing events across some of London's best theatres.

Will now works as an Integrative Psychotherapist & Wellbeing Coach for actors alongside being a professional student mentor for Oppidan Education - supporting students 1 to 1 and delivering mental health workshops at schools across the country.

# Past Acting + Producing Credits

## Acting

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'The Narcissist', Dir. by Gemma Aked-Priestley, (Arcola Theatre). 'The Inheritance', Dir. by Stephen Daldry (Young Vic and Noel Coward Theatre), Winner - Olivier Award for Best New Play. 'CHUTNEY', Dir by Georgie Staight (The Bunker Theatre), Nominated for 'Best Male Performance' at Off West End Awards. 'That Girl', Dir by Tim Cook (Old Red Lion).

## Producing

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'The Narcissist' by Will Adolphy, (Arcola Theatre), 'Queen Mab' by Danielle Pearson, (St Pauls Church, Covent Garden). 'Something Awful' by Tatty Hennessey, (VAULT Festival), Winner – Commendation OFFCOM for Short Run. x4 OffWestEnd Nominated 'CHUTNEY' by Reece Connolly, (Bunker Theatre). 'bottled.' by Hayley Wareham, (VAULT Festival). 'Dubailand' by Carmen Nasr - nominated for an OffWestEnd Award (Finborough Theatre).

Additionally, Flux Theatre produced one of London's top new writing events: EMERGE: New Writing (Bunker Theatre).

# Mental Health & Acting Talk

STAY WELL WHILST YOU BUILD YOUR ACTING CAREER.

## Brief Info

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A tale of strength and hope for any actor who is struggling with their mental health.

My story of recovery from being an actor going through a 3-year training, and then onto acting success - yet all the while having a mental health crisis.

Filled with valuable resources, tips and information on how to stay well whilst you build your acting career.

## Talk Outline

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- **Acting Roots:** it all started with a childhood dream.
- **Actor Training:** my mental health story while I trained.
- **The Industry:** my career success & mental health crisis.
- **Recovery:** what I did to heal & stay well (includes resources).
- **Post Talk Q & A:** answering questions & general discussion

# Testimonials

PAST STUDENTS AND TEACHERS.

"It was very relatable and unbelievably insightful; I think it was actually the most important talk I've ever been to."

**Rhiannon Richardson-woods, 3rd Year Actor**

"His presentation, Q&A and Well-being Resource Pack are incredibly valuable for those who have struggled with their mental health."

**Terence Chapman, Head of Acting (University of Central Lancashire)**

"I liked his natural personal approach, Overall very good talk and really valuable to any actor whether student or professional."

**Ben Percival, 3rd Year Actor**

"Can safely say I think the whole of our year found the talk very useful, Will being so open about his own journey definitely helped us feel more confident when voicing our own feelings. It was an extremely useful session which I think should be touring around many other schools and universities".

**Eleanor Ann Maddison, 3rd Year Actor**

"I think what Will shared and discussed with us was helpful for me, especially because I am a foreign student and I've been through a lot of ups and downs since I arrived in this country. It is a topic that we should speak about because by doing so, we might change someone's life."

**Zori Dragiyska, 3rd Year Actor**

# Further Info

## Resource Pack

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After the talk I send out a resource pack with all the information discussed and more:

- Getting Help – Finding a Therapist (Low-Cost)
- Other stuff to try
- A quick start guide to treating anxiety & depression
- A few insightful podcasts
- A few awesome books
- Some one-liners of wisdom
- 2 beautiful quotes
- My contact details

## Fee

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### Half day:

Talk (45-60 mins)  
Q & A (45-60 mins)

Total: £250

**Website:**

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