

INSIDE MY HEAD

Written and Performed
by Zak Sandler

ABOUT THE SHOW

Inside My Head is an original musical that takes the audience on a trip through Zak’s “disordered” brain. As three inner characters emerge - mania, depression, and paranoia, all performed by Zak - he is diagnosed as bipolar. Following the performance, Zak hosts a group discussion about the show and mental health. Run time: 45 minutes + discussion length.

Inside My Head is perfect for colleges, high schools, medical schools, corporations, faith-based organizations, mental health organizations, and anyone interested in hosting this inspiring event!



Zak performing *Inside My Head* at Forestburgh Playhouse in Forestburgh, NY

ABOUT ZAK



Zak Sandler has played piano on Broadway for *Wicked*, *Mean Girls*, *Motown*, and *The Color Purple*. He performed *Inside My Head* at the Kennedy Center’s Millennium Stage, and developed it as a writer-in-residence at the Kennedy Center’s page-to-stage festival.

Zak is featured in the American Psychiatric Association’s online publication, *Psychiatric News*, and on *Grammy.com*. He spoke at the National Convention for the National Alliance on Mental Illness (NAMI), and won the 2018 Young Leader Award from their New York State chapter.

Zak does not use the phrases “mental illness” or “bipolar disorder” because he feels they imply there’s something wrong with him. He prefers the term “mental condition” and simply, “bipolar.”

Yale, B.A., Music, 2008

TESTIMONIALS

“Zak’s approach to ending stigma and promoting understanding is fresh and powerful. The honesty of his songs and his musical talent have unique potential to advance the conversation about mental health.”

- **Mary Giliberti, Former CEO, NAMI**

“Zak’s melodies are colorful and dynamic. I am certain that his music will open up an unprecedented dialogue about mental health on campuses, in communities, and beyond.”

- **Bobby Lopez, Composer/Lyricist for Frozen, Book of Mormon, and Avenue Q**

“My 24-year old daughter took her own life two years ago. I never understood what she was going through, but, having seen your show, I finally understand.”

- **Anonymous Audience Member, Manhasset, NY**

“Inside My Head was inspiring for people either living with, or supporting people with, mental health conditions like Zak’s. Our audience of all ages was engaged from beginning to end. Tears, laughs, and nods of understanding were prevalent as Zak brought his wisdom and highly personal perspective to the room.”

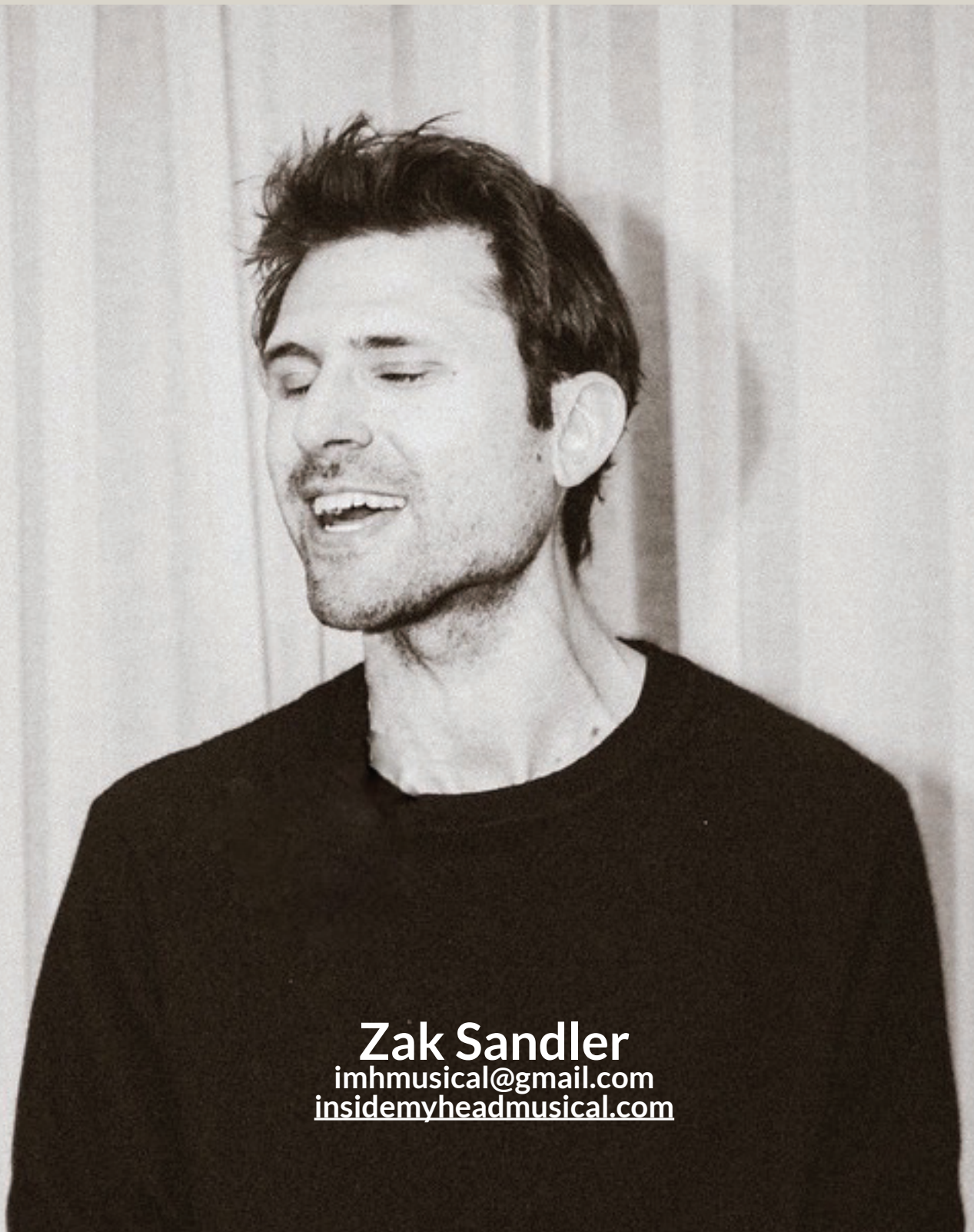
-**Patti Fuller, Executive Director, NAMI Lake County, IL**

“I was awake for most of it.”

- **Anonymous High School Principal**

**“HOW LONG WILL IT TAKE FOR YOU TO SEE
I AM ME?”**

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