

A4 MEDIA RELEASE.



MAKING MENTAL HEALTH SOMETHING WE CAN TALK ABOUT

Self Deprecating Eclecticism Presents

Ashton Brown

Anxious To Meet You

For 11 years I have been suffering from Generalised Anxiety Disorder, Adult ADHD and aspects of OCD. I also suffer from seasonal depression and social anxiety yet performing is my safe place. Being on stage is my comfort food.

Despite this year being my 5th NZICF show in 4 years it is my first solo show. As a massive advocate for mental health and due to the strong belief that I have in regards to our need to have more honest and open conversations about mental health in NZ due to the shocking suicide statistics our nation has, I decided to combine my love of performing and writing stand up with my desire to normalise conversations around mental health issues.

When we are comfortable laughing about issues we become more comfortable talking about them. Thus 'Anxious To Meet You' was born. A show where I use high energy and ridiculousness to share honest stories and struggles I have personally had with my own mental health to get the conversation started. Through self-deprecation and absolute vulnerability, I am hoping to make the audience laugh for 60 minutes and then take thoughts away from the show that will ideally linger for much, much longer.

"Ashton's Performance was high energy, sincere, and wonderfully self-deprecating" –The Speakeasy, NZ.

"Ashton Brown is an endearing, self-deprecating, jovial chap...a nice one-two punch of youthful Kiwi comedy worth checking out." – 3 News

[Ashton Brown] – [Anxious To Meet You]

Auckland

Dates: Fri 28th & Sat 29 April, 9pm

Venue: Cellar at Q Theatre

Tickets: \$15 – \$20

Bookings: qtheatre.co.nz // 09 309 9771

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For more information, images and interviews contact:

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**Performing as part of the 2017 NZ International Comedy Festival
powered by Flick Electric Co. from 27 April - 21 May.**

For the full line-up of shows in the Festival head to comedyfestival.co.nz