

Mini Play Number Thirteen

THE PHONE CALL

There are many reasons why a person is depressed. Often, locked up in a person's heart are feelings of inadequacy, worthlessness, even guilt. A person's upbringing can cause deep-seated anxiety, sadness and anger. To onlookers they carry on their lives in a normal way – even happily. But in reality they feel that they are trapped in a deep dark pit. Can they ever get out? How can they get help? Maria has been troubled with feelings of worthlessness since being a child. Now into adulthood Maria opens her heart to her friend Pat. Will it help?

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DEPRESSION

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FOREWARD

Zik-Zak Corolla's mini plays for pleasure and purpose.

The accounts in the plays are drawn from real-life experiences but the characters are fictitious.

The plays will help raise awareness and promote useful discussion of social issues that now effect most families. The aim is to help safeguard our kids from the increasing dangers they face in this ever-changing world.

Interactive and fun, the plays and the following *Questions for Discussion*, help raise awareness of challenges that affect the younger generation. They have been designed to promote discussion and dialogue especially between kids and their parents or guardians, teachers and others who are genuinely concerned about the welfare of our society.

Because the plays address real issues the language used is at times direct but is unlikely to be offensive. Feel comfortable about playing.

Tips for playing

Drop the directional notes and change the genders of the characters if it is more appropriate to your setting and cast; but be sure to follow the general thrust of the play. Short, the plays may be, but they are carefully researched, thoughtfully penned – and they pack a punch!

It is important to have fun acting out the plays and to get fully involved in the *Questions for Discussion*. Remember not to be judgemental but to listen, consider and learn.

Get Involved. Get Motivated. Play Safe.

Invite your family and friends around for the evening. Make a night of playing and learning. Have some fun!

Speak to the teachers at your kids' school. Get competitions going – Best Production, Best Actor, Best Answer, Best Lesson Learned. *

Contact local groups and clubs to put on a production of a selection of the plays. *

Be expansive. Get on social media (if it is safe and sensible) and spread the word. *

Go Big! Invite the local radio and TV station to come and see your very own special premiere. *

** Performances are authorized for educational purposes only; not for commercial gain.*

Enjoy! Hugs! – Zik-Zak Corolla

LIST OF PLAYS

No.	Subject	Title of Play
1	Alcohol/Driving	Bumpy Ride
2	Alcohol/Social Media	One More Shot
3	Peer Pressure	Movie Madness
4	Peer Pressure	The Breeze and the Wind
5	Bullying	I'm a Bully Are You?
6	Gun Crime	Mommy
7	Bullying	He Deserves Respect
8	Bullying	Gotta Change Wanna Change
9	Drugs	How Is Sally Getting On?
10	Drugs	A Fish on the Line
11	Drugs	Will You Be My Girl?
12	Drugs	You Gotta Show Love
13	Depression	The Phone Call
14	Depression	Black Dog
15	Child Sexual Abuse	No. 26
16	Child Sexual Abuse	The Restaurant
17	Knife Crime	1:30am
18	Knife Crime/Gangs	Trouble Brewing
19	Knife Crime/Gangs	23
20	Body Image	Carrots and Onions
21	Single Mom	That Night
22	Sex/Alcohol	Fast Car
23	Self-Harm/Sexual Abuse	Do You Think They'll Believe You?
24	Cutting/Self-Harm	Me and My Mom
25	Self-Harm	Brain Box
26	Gambling	The Monster
27	Binge Drinking	A Target to Kill
28	Binge Drinking	What a Party!
29	Gun Crime	Rap A Ta Tat Tat Tat
30	Gun Crime	Miss Isabella Lindeman
31	Cyberbullying	Drastic Action

Characters

Maria

Nico

Pat

Teaser

Maria suffers from depression. She feels trapped in a deep dark well. Will she ever get out of her painful situation?

Scene One

Maria Well, does this look okay? I mean, do you think the colours work well together?

Nico What do I know Mom? I'm not a fashion designer? Looks okay. (Looking) You look nice Mom. Anyway, it's only aunt Gloria you're going to see.

Maria Yes. And that's just the point Nico. Oh! You wouldn't understand. Your grandma used to say, it's Gloria who's the pretty one. But you've got the brains Maria. Who cares about brains when you're ugly!

Nico (Thinking) I don't know. Aunt Gloria's pretty brainy (Laughing) but you're not ugly Mom. Anyway, you're my mom.

Maria You're sweet Nico (Looking) Can you move that cup to the middle of the table please? It's not likely to fall off from there, is it? And wear black socks with black shoes – its proper. You're not going to play football tonight.

Nico Don't stress Mom. Chill. Who cares? What's the harm? You sound like grandma – micromanaging. Polly the perfectionist!

Maria It's Grandma to you, not Polly. And don't you be cheeky. Grandma and I just have standards that's all.

Nico (Quietly to the audience and smiling) They're both quite mad you know.

(Maria looks around quizzically)

Scene 2

Maria (On the phone) The thing is Gloria I've had this on my mind for months (Pause) There's no point in trying to explain now, you've had plenty of time (Pause) Of course you knew but you chose not to say anything about it and that's what I don't like (Pause) Well, I'll take that as an apology and we can move on. I'm just very unhappy it's taken this long (Slight pause) Yes. Speak soon (Firmly puts the phone down and stands with her arms crossed)

Nico Are you okay Mom?

Maria (Strongly and loudly, frightening Nico) Yes! I am thank you and it's none of your business anyway!

(Phone rings and Maria answers, it)

Maria Yes Mother. (Pause) It was a long time coming and I'm glad I had enough courage to get it out in the open, one of us had to. (Pause) What do you mean it was a misunderstanding? (Pause) I didn't know that. (Hesitating) Gloria, Gloria didn't say. (Pause) Oh! Mom! I must have hurt her so much, I'm so sorry. I'll call her now. (Pause) Okay, first thing tomorrow then. Mom I'm sorry. (Put down the phone.) Oh! Nico. (Sadly) What have I done?

Nico Mom, you were so angry. You sounded like you wanted to kill *me*.

(Maria sits, head in hands and silently sobs. Nico comforts her)

Maria I'm such a terrible person.

Scene 3

(Maria sitting with her friend talking)

Pat, I came as soon as I put the girls to bed. Fred's not working tonight so he's looking after them. (Looking at her watch) You bet they would have both got up two minutes after I left. And now they'll be winding him up!

Maria He loves it. (Pat nodding and smiling, slight pause) Thanks for coming Pat. I need to speak to someone I trust. I've been bottling this up for so long – years! I've been depressed for years. I've been in a deep dark well.

Pat Go ahead Honey. Let it all tumble out.

Scene 4

(Maria and Pat's conversation continues)

Pat Jealous of her? She's your sister!

Maria I know and that's what makes it worse. She's always been the pretty one and I feel so ugly. And when Mom suggested something. Let me clarify that, (Slight pause) demanded that we do this or that she'd do it and get it right first time. Demanded! (Thinking) That's Mom through and through. And get this, Nico says I'm like that, that me and my mom are both micromanagers!

Pat Umm! (Laughing) He's quite perceptive.

Maria He is, but he needn't be. Now I really think about it it's so obvious? I've been patterned after my perfect mother and I'm jealous of my glamorous sister. I'm just, I'm just so useless, pathetic! It's their fault I'm like this and I'm the one suffering. I'm in a hole and I can't get out. Help me Pat, please. I don't want to be like them, be like this!

Pat Slow down Maria. I'm no psychologist but I want to help. (Hesitant) You might have to make some changes in your thinking though.

Maria I know, but I'm not sure where to start.

Pat Well, think about it, does it make any difference as to whose fault it is?

Maria (Thinking) No. No. It doesn't change my situation.

Pat You've got some bad traits from your mom, sure. We all have bad traits from our parents to some degree. But what can you actually do about it if you know about it?

Maria Got it! Don't act that way. (Pause) It's not that simple Pat!

Pat Of course it's not. But let's make a plan together. Bit by bit, day by day. See how it goes.

Maria (Thinking) You know, it's getting on in the evening, but I think the sun just came out.

THE END

Questions for Discussion for The Phone Call

1. What is depression?
2. What can depression do to a person?
3. What was causing Maria anxiety and depression?
4. How did depression affect Maria?
5. Did Maria's depression affect others?
6. What did Maria do to help herself?
7. Why did Maria call Pat?
8. What gave Maria a ray of hope?
9. What could you do if you get depressed?
10. What should you not do if someone took the courage and confided in you?
11. What did you learn from the play?
12. Throw open the discussion.

THE END