

## 4.48 Story Synopsis

***(This document contains some information which may give away aspects of the plot)***

4.48 Psychosis is a raw and unfiltered look inside the mind of someone experiencing a profound mental health crisis.

There are three cast members in this production. They collectively play 'the patient'.

Parts are not assigned, and different cast members take the lead at different times. Whether speaking individually or collectively, they are playing the same person.

In several scenes, actors play memories of a particular doctor who forms a close connection with the patient. Though different actors play this doctor, the character is always the same.

The title refers to the time—**4.48 a.m.**—when the character says they achieve clarity during their depressive episodes.

*Please see our **sensory synopsis** if you would like a guide to the lights, sounds, and emotional triggers of the play.*

### **Opening Section:**

***approx. 0 – 25 minutes***

The patient remembers:

- their favorite doctor telling them they have lots of friends.
- their moment of 'light' or certainty around sanity.
- their time in an institution, discussions with the doctor and their decision to try medication.

### **Middle Section:**

***approx. 25 – 40 minutes***

- The patient describes their experience of medication up to their decision to reject it.
- They then remember an intense episode of psychosis.
- The patient considers that they are saner than sane “normal” people and attempts to convince the doctor of this.
- They experience repeated psychotic episodes.

### **Final Section:**

***approx. 40 – 65 minutes***

- The patient attempts to 'be normal' for their love for the doctor.
- As they are discharged, they profess their love.
- The doctor rejects them, emphasising it's a professional relationship. This is the conversation remembered at the start of the play.
- The patient narrates their actions up to the point of suicide.

End