



Crazy 2-7-20202020-07-02

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Mental Ideas

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Description

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Mental Ideas is a new weekly strand of the 123 Show in which presenter and podcaster Sadie Kaye (Miss Adventure, Bipolar Express, As Bad As It Gets) explores creative approaches to tackling mental health in a humorous and illuminating way. A collaboration between Sadie’s nonprofit media platform Mental Ideas and RTHK Radio 3, the quirky strand features an eclectic mix of local and international guests, many of whom are from the worlds of film, entertainment and the arts.

Guests include Anxious Showman Mat Ricardo, Depressed Humorist Larry Feign, Agitated Air Stewardess Florence Wong, Psychopathic Actor Philippe Joly, Bipolar VR Dance-Maker Eugenia Kim, Depressed Banker Christina Yung, Trollywood Actor Dan Davies, Messy Filmmaker Raffaello Degruittola and special guest Jackie Chan (no, not that one). The Mental Ideas music was composed by Nick Samuel.

Mental Ideas started broadcasting April 2, 2020 and continues every Thursday at 2.30pm on the 123 Show! You can download extras on the Mental Ideas platform: <https://mentalideas.org>.