
**Self-Care Guide
& Content Warnings.**

**That Is Not Who I Am
by Dave Davidson.**

Royal Court Theatre.

Self-Care Guide: That Is Not Who I Am.

This document has been designed to support audiences attending performances of *That Is Not Who I Am*, 10th Jun.—16th Jul. 2022. This show might be challenging to engage with due to its themes and content.

It is a writer's intention to make us, the audience, believe that what we are seeing on stage is real. This can be exciting, confusing and at times challenging.

For some of us, we need more context of what we are about to see to feel safe, so we've created this document for those who would be comfortable with more information.

We hope the information and resources in this document will help audiences experiencing the show, and support planning for anyone who may be concerned about their visit.

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Content warnings

- Recorded gunshots
- Blood
- Allusion to suicide and homicide
- Reference to the effects of COVID 19
- Scenes of a sexual nature
- References to sex trafficking and prison
- Use of recreational drugs
- Violence
- Coercive control
- Violence against a pregnant woman

Age recommendation: 14+.

Helplines & support

There are references to suicide in the production.

If you're affected by the show's themes and need support, or just want someone to chat to, you can call **Samaritans on 116 123** any time 24/7 for free.

If you prefer to text, the UK has a free 24/7 service: just text **SHOUT to 85258**.

If you don't need immediate support but would like to learn more about mental health and services that may be available for yourself or someone you know, we'd recommend looking into the organisation **MIND**.

MIND

<https://www.mind.org.uk/>

Self-care suggestions

If you're concerned about attending the show, there are a few things we'd suggest that might help.

- Read the content warnings before deciding to see the show.
- Come with a friend: It might be worth seeing if you can book to see the show with a friend, family member or someone you trust.
- During the performance: you're welcome to leave the auditorium at any point. The venue's bar will remain open during and after the show and the performance will be visible on a TV screen should anyone wish to view the show without being inside the darkened auditorium. If you've found the show distressing, we'd suggest talk to someone you're with, calling a friend, or contacting one of the support services listed on the previous page.

Thanks & about self-care

In writing this document, we were inspired by recent approaches taken by several other companies. We are grateful to everyone whose work has informed our own approach, but especially the Self-Care Guide created for Nouveau Riche's production of *For Black Boys Who Have Considered Suicide When the Hue Gets Too Heavy* by Ryan Calais Cameron at New Diorama Theatre and Clean Break's production of *Typical Girls* by Morgan Lloyd Malcolm at Sheffield Theatres. As that document explains: 'The concept of self-care comes from the Black Feminist movement. Self-care is a choice to listen to our needs and look after ourselves, so we are able to keep going and live our best lives, despite the difficulties we experience in life and how they make us feel.'

Finally, our thanks to you for reading this, and for coming to the show – if you choose to.