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

Graceland
by
**Ava Wong
Davies.**

**Royal Court
Theatre.**

Self-Care Guide: Graceland...

This document has been designed to support audiences attending performances of *Graceland* 9th Feb.–11th Mar. 2023.

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 of us 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.

Contents

1. About the show
2. Content warnings
3. Helplines & support
4. Self-care suggestions
5. Thanks & about self-care

About the show

“There was a cliff on the horizon. I didn’t know, but then again, maybe I did, and I just didn’t want to look.”

She meets him at an old friend’s barbecue, ketchup dribbling down her chin, face ruddy from too much beer. He stands away from everyone else, beautiful and aloof. Their stories couldn’t be more different, but they flirt, and then they fall in love.

Everything is perfect, until it isn’t. Or maybe it never was.

*“I didn’t —
I don’t —
Believe in love at first sight.
But it feels like I am falling.
What else would you call that?”*

Ava Wong Davies’s new play is directed by **Anna Himali Howard** with **Izzy Rabey** and was developed as part of an Introduction to Playwriting group at the Royal Court.

Age recommendation: 14+.

This show contains haze and moments of smoke and full blackout.

Content warnings

- Descriptions of domestic abuse by a partner
- Descriptions of emotional abuse
- Descriptions of physical abuse
- Descriptions of sexual violence
- Descriptions of sexual harassment in the workplace

Helplines & support

There are references in the show to domestic abuse; including emotional, physical and sexual abuse.

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**.

We'd also recommend getting in touch with:

Refuge

refuge.org.uk/

Respect

respect.uk.net/

Galop

galop.org.uk/

Or taking a look at the NHS domestic violence information page:

nhs.uk/live-well/getting-help-for-domestic-violence/

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

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. 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.