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

NO I.D.
by **Tatenda
Shamiso.**

**Royal Court
Theatre.**

Self-Care Guide: NO I.D.

This document has been designed to support audiences attending performances of *NO I.D.* 18th April – 6th May 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.

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About the show

'Trans people don't often get a chance to talk about this bit. Where you see your old self in the person you become.'

Tatenda Shamiso tells the story of his experience as a Black transgender immigrant in the UK. Using the songs he wrote throughout his first year on testosterone alongside letters, signatures and a whole lot of paperwork, he guides us through what it takes to validate Black and queer identities in the eyes of the law.

With laughter, music, and a healthy dose of care, NO I.D. is a love letter to gender transitions and an examination of how absurd our bureaucratic systems can be.

Age recommendation: 15+.

This show contains flashing lights and moments of blackout.

Content warnings

- Gender dysphoria
- Medical diagnosis, psychological evaluation and descriptions of mental illness
- Gender transition process and hormone treatment
- Misgendering
- Strong language and use of derogatory language
- Audience interaction

Helplines & support

If you're affected by the show's themes and need support, or just want someone to chat to, you can call **LGBT Foundation** on **0345 3303 0303**.

You can also 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 services that may be available for yourself or someone you know; we'd recommend looking into the organisations MindOut, Stonewall and LGBT Foundation.

MindOut

<https://mindout.org.uk>

Stonewall

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

LGBT Foundation

<https://lgbt.foundation>

If you'd like to learn more about mental health and services that may be available for yourself or someone you know, we'd also recommend looking into the organisation **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.

Before the show

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.