

---

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

---

**Hope has  
a Happy Meal  
*by*  
Tom Fowler.**

---

**Royal Court  
Theatre.**

---

# Self-Care Guide: Hope has a Happy Meal.

This document has been designed to support audiences attending performances of *Hope has a Happy Meal* 3 June—8 July. 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

*“Hope? Hope, is that you?”*

Years and years ago, Hope disappeared. Now, she’s back. To find something she left behind.

But in the People’s Republic of Koka Kola – a world of dwindling resources, corruption and corporate giants – what happens to Hope?

Follow Hope on a surreal and frenetic quest through a hyper-capitalist country in this new play by **Tom Fowler**, directed by Royal Court Associate Director, **Lucy Morrison**.

Age recommendation: 14+.

This This show contains strobe, haze, flashing lights, very loud and sudden noise, including gun shots, strong language and staged violence that some may find distressing. Please see Content Warnings and Self-Care support and suggestions below for more information.

---

# Content warnings

- Strong language
- Clowns (coulrophobia)
- Stylised depiction of torture (waterboarding)
- Stylised depiction of an attempted suicide (hanging)
- Depiction of kidnapping/hostage taking
- Descriptions and depictions of police brutality
- Descriptions and depictions of violence against women and trans women
- Descriptions and depictions of murder
- Graphic depictions of violence and use of fake blood including:
  - Strangulation
  - Stabbing
  - Shooting

---

# Helplines & support

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**: <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.