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

Blue Mist
by **Mohamed-
Zain Dada.**

**Royal Court
Theatre.**

Self-Care Guide: Blue Mist.

This document has been designed to support audiences attending performances of *Blue Mist* 5 Oct—18 Nov 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

‘Shisha lounges are an essential part of the Muslim experience bruv, like the Fillet o Fish.’

Chunkyz Shisha Lounge is a home away from home for Jihad, Rashid and Asif, a space where community whispers are heard, jokes are told and new hustles are born. But its future is under threat, having become a target for local politicians.

Aspiring journalist, Jihad wants to fight back. After winning a competition to produce his own documentary, he sets out to create something that gives a voice to his community and challenges the usual stereotypes that fill the airwaves.

Will Jihad be able to create something that makes his boys proud? Or will his dreams of becoming a journalist come at a cost too high to bear?

‘A good journalist doesn’t always play friendly. In fact, they mostly don’t.’

Mohamed-Zain Dada’s debut play, *Blue Mist* is a story about South Asian Muslim men navigating a system that isn’t built for them. Directed by Royal Court Associate Director, **Milli Bhatia**.

Age recommendation: 14+.

This production contains frequent use of haze, loud music, sudden loud noises and the actors will utilize the whole space.

Content warnings

- Reference to drugs
- Reference to violence
- Reference to suicide and death
- Reference to racism and islamophobia

Helplines & support

There are references in the show to suicide.

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 organisations:

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

Survivors UK: <https://www.survivorsuk.org/>

MindOut: <https://mindout.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. A staff member will help find an appropriate moment to re-enter, if you'd like. 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.'

Thank you for taking the time to read this document and for your interest in *Blue Mist*.