

Self-Care Guide:

Bluets

by Maggie Nelson

Adapted by Margaret Perry

This document has been designed to support audiences attending performances of Bluets between 17 May 2024 – 29th June 2024.

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

“Suppose I were to begin by saying that I had fallen in love with a colour.”

Bluets is a story about depression and desire, pleasure and pain, and a person possessed by a lifelong obsession with the colour blue. Communing with artists like Joni Mitchell, Derek Jarman, Andy Warhol and Billie Holiday, blue is their constant companion as they navigate the devastating pain of a life-altering heartbreak.

Based on acclaimed author **Maggie Nelson**'s unique and electrifying book, *Bluets* is an adaptation by playwright **Margaret Perry** (*Paradise Now!*, *Porcelain*, *Collapsible*), directed by **Katie Mitchell** (*Little Scratch*, *Anatomy of a Suicide*).

Age Guide: 16+.

Content warnings

- Flashing lights
- Sexual content
- Depictions of pain
- Depression
- Suicidal ideation and suicide

Helplines & support

There are references in the show to mental health and sexual violence.

If you're affected by the play's themes and need support, or just want someone to chat to, you can call:

[Contact Us | Samaritans](#) on 116 123

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 to Mind:

[Depression - Mind](#)

[Useful contacts - suicidal feelings - Mind](#)

Self-care suggestions

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

Before the show

Read the content warnings on the website and in the pre-show emails. Engage with us at the theatre if you have more specific questions about the text, or form of the production:

Box Office 0207 565 5000

stagedoor@royalcourttheatre.com

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.

After the performance

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 play – if you choose to.