

Self-Care Guide / Content information

4.48 Psychosis

We hope the information and resources in this document will support watching the play where required and offer an introduction for anyone who may wish to know more about the content of the play.

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The Play

4.48 Psychosis is an in-depth and viscerally honest look at the experience of major depressive disorder. The play explores an individual's mind spiraling into chaos. There are no specific characters, but rather three characters who express a multitude of thoughts within the play. There are themes of depression, suicide and suicidal ideation throughout. It has an age guidance of 14+

Content warnings

The play contains strong language and explores:

- mental health, including but not limited to depression and clinical depression
- isolation
- dependency
- suicide; attempted & death by suicide
- psychosis
- schizophrenia
- eating disorders and disordered eating behaviours
- borderline personality disorder (BPD)
- self-harm (cutting)
- violence
- death
- sexual assault
- physical assault

Harm is referenced in the play but **not physically depicted**.

Before your visit

If you have any questions about your visit to watch the play, please get in touch by calling or emailing our Box Office team on 0207 565 5000 / boxoffice@royalcourttheatre.com, or speak to a member of our team at the theatre.

Decompression Space

At the end of the play, the auditorium will remain open for people to sit for a short while before leaving, if they wish.

Helplines & support

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

- **The Samaritans** for free 24hrs a day, 7 days a week:

Phone - 116 123

Text – text the word SHOUT to 85258. This is an anonymous service.

- **Other Organisations**

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 following organisations:

- MIND <https://www.mind.org.uk/>
- Black Thrive <https://lambeth.blackthrive.org/>
- Black Minds Matter <https://www.blackmindsmatteruk.com/>

Suicide & Attempted Suicide

- Samaritans: Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide: Samaritans.org +44 (0)84 5790 9090
- Papyrus: Prevention of young suicide <https://www.papyrus-uk.org/>
- The Brave Project @the_braveproject on Instagram
- The Empowerment Group <https://www.theempowermentgroup.co.uk/about-us>
- Survivors of bereavement by suicide <https://uksobs.org/>

Eating Disorders & Disordered Eating

- Beat Eating Disorders: support around eating disorders <https://www.beateatingdisorders.org.uk/about-beat/>

Self-Harm

- Life Signs: an online, user-led charitable organisation, founded to create understanding about self-injury and provide information and support to people of all ages affected by self-injury across the UK: <https://www.lifesigns.org.uk/>

Thanks & about self-care

Thank you for taking the time to read this guide.

‘Self-care is a conscious act people take to promote their physical, mental, spiritual, and emotional health. It is vital for building resilience towards life's stressors that we can't eliminate.

‘Whether you talk to a partner or close friend about how you feel, or you set aside time for leisure activities that help you process your emotions, it's important to incorporate emotional self-care into your life.’