

## THEME AND CONTENT RESOURCE

*This production includes strong language, nudity, sexual violence, physical and emotional abuse, self-harm, and suicide. There are also moments of flashing and strobe lighting, blood, smoking and periods of loud music. These themes are not just suggested but will be portrayed throughout the production realistically and emotively which some viewers may find disturbing. It is intended for mature audiences and viewer discretion is advised. If you feel affected by these themes please refer to the list of resources and information below. This is not an exhaustive list and is not intended to replace support from a GP or therapist. All links include resources available to or tailored specifically for anyone that is non-binary and/or identifies as LGBTQI+.*

*PLEASE NOTE: These English-language resources were created for the UK stage run of A LITTLE LIFE. While there is useful support available on these websites, local charities, support, and resources in other territories may differ. Please seek these out if you feel affected by the themes of this production.*

## A LITTLE LIFE CONTENT INFORMATION AND RESOURCES:

**Sexual Abuse** is a sexual behaviour or a sexual act forced upon a person. Sexual abuse is an act of violence which the attacker uses against someone they perceive as weaker than them. [Click here](#) for a list of organisations offering support for people who are experiencing, or have experienced, sexual abuse.

**Emotional Abuse** can occur in any relationship. The underlying goal of emotional abuse is to control the other person by discrediting, isolating, and silencing them. It is one of the hardest forms of abuse to recognise as it can be subtle and insidious. But it can also be overt and manipulative. [Click here](#) for more information about emotional abuse.

**Suicide** is the act of intentionally taking your own life. Suicidal feelings can mean having abstract thoughts about ending your life or feeling that people would be better off without you. Or it can mean thinking about methods of suicide or making clear plans to take your own life. [Click here](#) for links to resources around suicide.

**Physical Abuse** is non-accidental use of force that results in bodily injury, pain, or impairment. This includes, but is not limited to, being slapped, burned, cut, bruised or improperly physically restrained. Please [click here](#) for more information.

**Self-Harm** is when you hurt yourself as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences. Some people have described self-harm as a way to express something that is hard to put into words, turn invisible thoughts or feelings into something visible, change emotional pain into physical pain or exert a sense of control. [Click here](#) for a list of resources around self-harm.

**Trauma** can develop after very stressful, frightening or distressing events. When we talk about emotional or psychological trauma, we might mean: situations or events we find traumatic or how we're affected by our experiences. Everyone has a different reaction to trauma, so you might notice any effects quickly, or a long time afterwards. [Click here](#) for resources around trauma.

**If you or someone you are supporting are in need of urgent Mental Health support - please text SHOUT to 85258, call the Samaritans on 116 123 or emergency services on 999.**

## SUPPORT RESOURCE

*This resource is intended for use by anyone who has been affected by the content of the production "A Little Life". This document provides information, not advice. The content is provided for general information only. It is not intended to, and does not, mount to advice which you should rely on. If you have questions about any medical matter, you should consult your doctor or other professional healthcare provider without delay. If you think you are experiencing any medical condition you should seek immediate medical attention from a doctor or other professional healthcare provider. Although we have made reasonable efforts to make sure all the information contained in this resource is as accurate as possible, we cannot guarantee links to third party organisations have not been changed or updated since this document was produced. All links include resources available to or tailored specifically for anyone that is non-binary and/or identifies as LGBTQI+.*

*If you feel you are in crisis please call **999** or visit your nearest accident and emergency department.*

*If you feel affected by the themes in this production, please find links to support below, this list is not exhaustive, please speak to a doctor or therapist if you are looking for further help:*

**General Mental Health Support Resources** - A list of organisations to reach out to for help:

[Samaritans](#) - Call **116 123** (24/7)

[SHOUT](#) - Text **SHOUT** to **85258** (24/7)

[Hub of Hope](#) - national database of support services in UK

[Support Line](#) - **01708 765200** emotional distress support

[Switchboard](#) - LGBTQI+ helpline **0300 330 0630**

[NSPCC](#) - **0808 800 5000** Under 18s

## PANIC, FEAR AND ANXIETY

Symptoms of a panic attack can include: sudden intense anxiety and fear, a racing heartbeat, feeling faint, dizzy or lightheaded, feeling that you're losing control, sweating, trembling or shaking shortness of breath or breathing very quickly, a tingling in your fingers or lips, feeling sick (nausea). A panic attack usually lasts 5 to 30 minutes. They can be frightening, but they're not dangerous and should not harm you.

Sometimes it can feel helpful if you feel anxious to focus on your breath or try to ground yourself back into the sensation that your body is safe so that your fight or flight response is slowed down, follow the links below for some examples of this:

[Breathwork techniques for anxiety/panic](#)

[Grounding exercises](#)

[No More Panic](#)

[No Panic](#)

Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future.

[Anxiety Care UK](#)

[Anxiety UK](#)

## SEXUAL ABUSE:

Sexual abuse is a sexual behaviour or a sexual act forced upon a person. Sexual abuse is an act of violence which the attacker uses against someone they perceive as weaker than them. It can happen to anyone at any age.

[Victim Support](#)  
[SafeLine](#)  
[Galop](#)  
[The Survivors Trust](#)

## PHYSICAL ABUSE:

Physical abuse is non-accidental use of force that results in bodily injury, pain, or impairment. This includes, but is not limited to, being slapped, burned, cut, bruised or improperly physically restrained.

[Runaway](#) - under 18s  
[Refuge](#)  
[ManKind](#)

## SUICIDE:

Suicidal feelings can mean having abstract thoughts about ending your life or feeling that people would be better off without you. Or it can mean thinking about methods of suicide or making clear plans to take your own life.

[Samaritans](#) - Call 116 123  
[The Listening Place](#)  
[Suicide Prevention UK](#)  
[Papyrus](#) - under 35s

## TRAUMA:

Trauma can develop after very stressful, frightening or distressing events. When we talk about emotional or psychological trauma, we might mean: situations or events we find traumatic or how we're affected by our experiences. Everyone has a different reaction to trauma, so you might not notice any effects straightaway. When you encounter a trigger after trauma, a strong emotional and behavioural reaction comes over you. It's as if you are reliving that trauma all over again. The word "triggered" has become a popular term to describe anything that causes emotional discomfort. But for people who have experienced trauma, triggers can be terrifying and all-consuming.

[Assist Trauma Support](#)  
[One in Four](#)  
[Trauma Breakthrough](#)

## SELF-HARM:

Self-Harm is when you hurt yourself as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences. Some people have described self-harm as a way to express something that is hard to put into words, turn invisible thoughts or feelings into something visible, change emotional pain into physical pain or exert a sense of control.

[Self Injury Support](#)  
[Mind](#)

## DISORDERED EATING:

An eating problem is any relationship with food that you find difficult. Many people think that someone with an eating problem will be over or underweight. People might also think that certain weights are linked to certain eating problems. Neither of these points are true. Anyone can experience eating problems. This is regardless of age, gender, weight or background.

[Beat](#)  
[Talk Ed](#)

## FURTHER CHARITY LINKS:

[The Lucy Faithful Foundation](#) is dedicated to preventing child abuse. They work with people who have been arrested, cautioned or convicted for internet offences along with their partners, relatives and friends. Stop it Now is their confidential helpline to support anyone with a concern about child sexual abuse and its prevention.

[Big Talk Education](#) work to ensure as many children and young people as possible receive high quality relationship and sex education. They have a resource page with links to various other charities that support with reporting child abuse, accessing counselling workshops and advocacy.