

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, periods of loud music, and the use of strong scents (antiseptic liquid) that will be used. 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+.

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.