

NEXT TO NORMAL

CONTENT WARNING RESOURCE

*This production includes **strong language**. There are depictions of various mental health conditions and disorders referred to in the script as 'bipolar depression with delusional episodes', anxiety and complicated grief after a child bereavement. On stage there is **recreational and medical drug use**, the aftermath of a **suicide attempt**, **visual blood clean-up and electroconvulsive therapy**. These themes are not just suggested but will be portrayed at times in the production realistically and/or emotively which some viewers may find disturbing. 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 LGBTQIA+.*

CONTENT INFORMATION AND RESOURCES

Bipolar is a severe mental disorder characterised by extreme mood swings and changes in energy levels. Someone with bipolar can have long or short periods of stability but can then go 'low' (into deep depression) or 'high' (experiencing hypomania, mania or psychosis). To read more about Bipolar [click here](#)

Complicated Grief Feelings of sadness and hopelessness are really common after someone dies. Over time though, most people will start to adapt and feel better again. When this doesn't happen it is sometimes known as complicated grief. It is more likely to happen if someone's death was very tragic, traumatic or unexpected. [Click here](#) for more information on this topic.

Electroconvulsive Therapy is a treatment that involves sending an electric current through your brain aimed at relieving the symptoms of some mental health conditions. [Click here](#) to learn more.

Drug Abuse The effects of drug abuse might feel pleasant or unpleasant. They may last for a short time or a longer period. Some effects may continue after the drug itself has worn off. How you react to recreational drugs is likely to depend on what you take, how you take it, and how you feel at the time. Read more information [here](#)

If you have been affected by **Child Bereavement**, please [click here](#) for more information and resources.

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. To read more about this please [click here](#)

*This production presents sessions with various mental health professionals and doctors as well as different treatments for bipolar disorder and complicated grief. We acknowledge that treatment varies from individual to individual as does its efficacy and side effects.

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.