

# WHEN IT HAPPENS TO YOU

## CONTENT WARNING RESOURCE

This production includes **strong language**. There are descriptions of **sexual abuse (rape), alcohol and drug abuse, violence, trauma and kidnapping**. These themes are not just suggested but will be frequently referenced 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

**Sexual Assault** is a sexual behaviour or a sexual act forced upon a person. Sexual assault 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 and includes but is not limited to rape, molestation and sexual harassment. The long-term effects of sexual violence can include many emotional, psychological and physical conditions. Read more information [here](#) about sexual assault, or [here](#) about domestic abuse.

**Trauma** Trauma can develop after very stressful, frightening or distressing events. 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, some traumatic events can develop into Post Traumatic Stress Disorder. Read more about this [here](#)

**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](#)

**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](#)

**Alcohol Abuse** alcohol addiction can be one of the most difficult addictions to recognise within yourself and other people. The excessive use of alcohol can have various adverse impacts on both mental and physical health. Therefore it is vital to have an understanding of just what an alcohol addiction is, as well as to be aware of both the potential signs of an alcohol addiction, as well as the options available in terms of actions that can be taken in order to combat it. For more information [here](#)

**Kidnapping** The offence of kidnapping is defined as “the taking or carrying away of one person by another, by force or fraud, without the consent of the person taken or carried away and without lawful excuse. It must involve an attack on or loss of that person’s liberty“. To read more about this please [click here](#)

**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.**