

CONSUMED



SELF-CARE PACK

A Paines Plough, Lyric Theatre and Park Theatre co-production

CONSUMED INFORMATION AND SUPPORT RESOURCE

This resource is intended for use by anyone who feels they have been affected by the content of the production **Consumed**. This document provides information, not advice. If you have questions about any medical matter, you should consult your doctor or other professional healthcare provider without delay. 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.

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

ABOUT THE PLAY

Consumed is a play exploring the intergenerational trauma shared – and passed down – by four generations of Northern Irish women.

It takes place at a dinner party in Bangor, Northern Ireland, where Eileen is celebrating her 90th birthday with her daughter Gilly, her granddaughter Jenny, and her great-granddaughter Muireann.

What seems like a happy family dinner quickly spirals out of control.

WE ARE HERE

If you have any questions regarding the shows or the references in the content warnings, please don't hesitate to contact a member of our team at hannah@painesplough.com

CONTENT WARNINGS

Consumed has an age guidance of 14+.

It contains scenes of violence, strong language/swearing, haze, flashing lights, loud noises and distressing or potentially triggering themes.

These include scenes with references to, or depictions of, the below:

- The impact and trauma of Irish and Northern Irish history, including the famine and the Troubles.
- Eating disorders
- Death by suicide
- Mental illness
- Substance abuse, alcoholism • Spousal/familial abuse
- Gagging/vomiting
- Discriminatory/hateful language directed at religious groups.
- Food will be used and consumed by the actors in the show.
- For those with allergies or aversions, latex balloons are also used as props.
- Brief references to LGBTQIA+ identity and themes.

HELPLINES AND SUPPORT

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:

- **Samaritans:** 116 123 (free, 24/7 listening and text support)
- **NHS 111:** Call 111 for 24-hour NHS advice
- **Every Mind Matters:** Offers expert advice and practical tips on mental health
- **Hub of Hope:** Search for local mental health charities

Specific Support:

- **CALM (Campaign Against Living Miserably):** 0800 58 58 58 (5pm to midnight every day)
- **The Silver Line:** 0800 4 70 80 90 (for those over 55)
- **Papyrus HOPELINE247:** For those under 35, call 0800 068 4141
- **Community Drug & Alcohol Recovery Services:** 07515 663621
- **Better Lives:** an integrated drug and alcohol service, call 020 3317 6099
- **OCD Action:** Unbiased source of information and support for people with Obsessive–Compulsive Disorder (OCD) and the people in their lives, call 0300 636 5478.
- **Beat Eating Disorders:** To get information and support call 0808 801 0677
- **SHOUT:** A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text the word SHOUT to 85258. This is an anonymous service.

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 would recommend looking into the following organisations:

Suicide & Attempted Suicide

• **Papyrus** offer a suicide prevention helpline, HOPELINE247. This is a free, confidential, non-judgmental space to talk openly about thoughts of suicide with trained advisers: <https://www.papyrus-uk.org/>

• **Lifeline Helpline** Northern Ireland's crisis response helpline, available 24/7 for anyone experiencing distress or despair.

Call: 0808 808 8000 / Textphone: 18001 0808 808 8000

British and Irish Sign Language users can access support via

SignVideo: <https://signvideo.co.uk/hscni/>

If English is not your first preferred language, Lifeline can access translators to speak to you in your preferred

language: <https://www.lifelinehelpline.info/interpreting-support>

• **Survivors of bereavement by suicide.** Call for support 0300 111 5065, the Support Line is open every day 9am-7pm: <https://uksobs.org/>

• **PIPS Suicide Prevention Ireland** – Provides counselling and befriending support to individuals who are experiencing or have experienced suicidal thoughts or mental unwellness, and support to families and friends affected by suicide. Offers free confidential counselling services, a crisis walk-in service in Belfast, and a crisis telephone service at other locations during opening hours: <https://pipscharity.com/contact-us/>
Call: 0800 088 6042
9am–9pm [Mon–Fri] / 10am–6pm [Sat–Sun]

Eating Disorders & Disordered Eating

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

• **First Steps ED** offer free, early intervention support and advice to anyone struggling with eating difficulties: <https://firststepsed.co.uk/>

Bereavement

• **Bereaved NI** offer information and support for those experiencing grief and bereavement: <https://bereaved.hscni.net/bereavement-support/>

• **Cruse Bereavement Support** are a charity who offer local support services, and a helpline for one-to-one support through their helpline: <https://www.cruse.org.uk/get-support/> Helpline number: 08088081677

• **The Good Grief Trust** for support if you are newly bereaved: <https://www.thegoodgrieftrust.org/>

• **National Bereavement Service** for ways to manage grief: <https://thenbs.org/emotional-support/the-experience-of-grief>

• **Let's Talk About Loss UK** for a safe space to talk through taboos and address the reality of losing someone close to you when you are young: <https://letstalkaboutloss.org/>

• **Sue Ryder** offers free-to-access grief support services, including expert advice, online resources, in-person grief support groups, and an Online Bereavement Community: <https://www.sueryder.org/grief-support/services/>

Male-specific mental health support

• **Andy's Man Club** offer free to attend peer-to-peer support groups across the United Kingdom and online: <https://andysmanclub.co.uk/>

• **Talk Club** offer peer-to-peer talking groups, peer-to-peer groups centred around a physical activity, and therapy groups run by fully qualified therapists: <https://talkclub.org/>

LGBTQIA+ Support (Northern Ireland)

• The Rainbow Project provides health and wellbeing support for LGBTQIA+ people and their families in Northern Ireland through partnership, advocacy, and the development and delivery of appropriate support services: <https://www.rainbow-project.org/about-us/>

Trauma & Conflict-Related Support (Northern Ireland)

• **WAVE Trauma Centre** supports people affected by the Troubles/Conflict in Northern Ireland, offering care and support to anyone bereaved, injured or traumatised through the civil unrest in Northern Ireland, irrespective of religious, cultural or political belief.

Belfast: 028 9077 9922

Email: adminhq@wavetrauma.org

Website: <https://wavetraumacentre.org.uk/>

• **Survivors of Trauma** is a community-based organisation located in the BT14 area of north Belfast offering counselling as well as a range of complementary therapies. A drop-in facility is available as well as advice and support to victims and survivors of the conflict.

Contact number: 02890749944

Email address: survivorsoftrauma@live.co.uk

MORE INFORMATION AND FURTHER READING ON TOPICS RAISED IN THE PLAY

National Institute of Mental Health:

<https://www.nimh.nih.gov/health/topics/eating-disorders>

NHS Overview – Eating Disorders: <https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>

OCD (Obsessive–Compulsive Disorder) UK: <https://www.ocduk.org>

National Health Service OCD: <https://www.nhs.uk/mental-health/conditions/obsessive-compulsive-disorder-ocd>

Drink Aware: <https://www.drinkaware.co.uk/facts/health-effects-of-alcohol>

National Health Service alcohol support: <https://www.nhs.uk/live-well/alcohol-advice>

Samaritans: <https://www.samaritans.org>

National Institute of Mental Health suicide statistics:

<https://www.nimh.nih.gov/health/statistics/suicide>