



BUULL

BY MIKE BARTLETT

DIRECTED BY PAULA GARFIELD

**content warning &
self-care guide**
(contains heavy spoilers)

contents

- **about the show**

contains spoilers - full summary of the show's storyline

- **content guidelines**

contains spoilers - what is included in the show

- **helplines and support**

contains spoilers - if you have been affected by themes in the show, we have a list of helplines you can reach out to for support or information

- **self-care suggestions**

tips to calm down and ground yourself if you are upset or triggered by the show

about the show - contains spoilers

skip this section if you want to avoid spoilers

Bull follows three colleagues, Thomas, Isobel and Tony, who are waiting for an important meeting with their manager, Carter. They know that their company is making cuts and that one of the three of them is going to lose their job.

While they wait, Isobel and Tony begin to target Thomas. They make comments about his clothes and appearance, mock him and repeatedly undermine what he says. Thomas tries to stand up for himself, but Isobel and Tony work together to confuse him and make him increasingly uncomfortable.

Their behaviour becomes more aggressive and personal. Isobel and Tony deliberately isolate Thomas and make it clear that they see him as the weakest of the three.

When Carter arrives for the meeting, each employee has to make the case for why they should keep their job. Isobel and Tony present themselves as strong and capable, while Thomas struggles to defend himself after everything that has happened.

Carter tells Thomas that he is the person who will lose his job. Isobel and Tony have successfully protected their own positions at his expense.

Thomas is left devastated and humiliated. The play ends with Thomas alone, showing the impact that the bullying and loss of his job have had on him

content guidelines - contains spoilers

skip this section if you want to avoid spoilers

show information

The show will last for approximately 1 hour and 15 minutes with no interval. It will be a mix of British Sign Language (BSL) and creative captions in English.

age guidance

The show is suitable for audiences aged 16+.

the show contains:

- Strong language
- Sexual themes (including references to childhood sexual abuse)
- Ableist language
- Bullying
- Violence
- Emotional and psychological abuse
- Loud sounds, flashing lights, and haze

If you require any further specific information, please email us at [**info@deafinitelytheatre.co.uk**](mailto:info@deafinitelytheatre.co.uk).

helplines & support

If you have been affected by the content or themes of this show, you can reach out to:

SignHealth

As part of BULL's focus on mental health and wellbeing, we are working with SignHealth, the UK's leading Deaf health charity. For more information and accessible support, visit www.signhealth.org.uk.

Shout

Text **DEAF** to **85258** a trained crisis volunteer will respond and reflect on what you've said. They will invite you to share the information you feel comfortable with.
www.crisistextline.uk

CALM

We're the suicide prevention charity that provides life-saving services and practical mental health support to anyone who needs it. Comes with a livechat option.
www.thecalmzone.net

helplines & support

If you have been affected by the content or themes of this show, you can reach out to:

The British Society for Mental Health and Deaf People

The only UK charity that focuses entirely on the promotion of positive mental health for Deaf people.

www.bsmhd.org

Mental Health UK

Shares information and resources around mental health support.

www.mentalhealth-uk.org

Men's Mental Health

Contains information about men's mental health and challenges and pressures men face and what support is available.

www.mentalhealth.org.uk/explore-mental-health/a-z-topics/men-and-mental-health

self-care suggestions

Watch with someone

If you find any of the content warnings above concerning, bring someone you are comfortable with and trust when going to watch the show.

Talk to someone

If you find the content distressing, try talking to someone you trust or reach out to one of the organisations above.

Seek venue support

Venue staff are there to help you feel comfortable and secure. If you need to step out of the performance and would like a quiet place to sit, they will be able to show you where this is and check on you.

Regulate your breathing

Control your breathing helps to calm your nervous system. Inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds. Repeat this as many times as you need.

self-care suggestions

Use your senses

Focusing on your senses helps you to ground yourself. Notice what you see, smell, hear, feel, and taste.

Give yourself time to process

Be gentle on yourself and allow yourself time to process your thoughts and emotions in a safe place.

Go out for a walk

Going on a walk helps you to put some distance between you and the distressing situation and feel grounded.

Know when to step away

There is no shame in needing to step away when it becomes too much for you to handle. You can leave at any time during the show.

**Thank you for coming
and we hope you enjoy the show!**

If you have any questions or require
more information, you can email us at:

info@deafinitelytheatre.co.uk

or visit our website at:

<https://www.deafinitelytheatre.co.uk/>