

CONSUMED

SELF-CARE PACK



CONSUMED

By Karis Kelly

Directed by Katie Posner

A Paines Plough, Belgrade Theatre, Sheffield Theatres and Women's Prize for Playwriting production, in association with the Lyric Belfast.

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 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.

Before you visit

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:

- Eating disorders
- Death by suicide
- Mental illness
- Substance abuse, alcoholism
- Spousal/familial abuse

- Gagging/vomiting
- The impact and trauma of Irish and Northern Irish history, including the famine and the Troubles.
- 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.

Helplines and Support

If you're affected by any of the play's themes and need support, or just want to chat to someone, contact:

The Samaritans for free 24hrs a day, 7 days a week:

Phone - **116 123**

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

SHOUT is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope:

Text – 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/>
- Edinburgh Crisis Centre offers freephone, text, and email support for anyone experiencing a mental health crisis and needs to talk to someone: <https://edinburghcrisiscentre.org.uk/>
- Survivors of bereavement by suicide. Call for support 0300 111 5065, the Support Line is open everyday 9am-7pm: <https://uksobs.org/>

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

- 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/>

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/>
- The Brave Project **@the_braveproject** on Instagram is a wellbeing services for Black, Asian, Minority Ethnic boys and young men.