

A street scene at dusk with a red brick building and a black sign with yellow text. The sign reads "Bush Theatre". The street is paved with light-colored tiles and has a tactile paving strip in the foreground. There are several people walking on the sidewalk, including a woman in a beige coat talking on a phone. A red double-decker bus is visible on the left side of the street. The sky is a pale blue.

Bush Theatre

THIS MIGHT NOT BE IT

**Self-care guide
& content warnings**

What is this document?

This document contains information about ways to look after yourself before you watch, while you're at the theatre or after the play.

It also contains detailed information about the show in order to describe what you should expect when attending. This includes information about the content warnings, the space, lighting and sound, and further access information.

Please note that by discussing the content of the show, the below information will contain key plot points and descriptions of what happens in the performance..

We hope the information and resources in this document will help audiences experiencing the show, and support planning if you are concerned about your visit.

All of the information here was accurate when we put this guide together. As the production is in development, the details may change and we will update as soon as possible.

Contents:

- ***What is self-care? ---- 3***
- ***About the show ---- 4***
- ***Content guidance + Lighting and Sound ---- 5***
- ***Helplines and support ---- 6***
- ***Self-care suggestions ---- 7***
- ***The performance space ---- 9***
- ***Access information ---- 10***

What is self-care?

Self-care is a choice to listen to our needs and look after ourselves, so we are able to keep going and live our best lives, despite the difficulties we experience in life and how they make us feel.

Thank you to Clean Break for bringing their care practices, including Self-Care Guides, to the Bush Theatre during our co-production of *Favour* (2022) Clean Break is a theatre company working with women with lived experience of the criminal justice system or at risk of entering it. **cleanbreak.org.uk**

“The concept of self-care comes from the Black Feminist movement. Self-care is important because it’s about recognising that we experience discrimination and oppression because of how others react to who we are, or what we’ve experienced.” - Clean Break

In writing this document, we were inspired by recent approaches taken by several other companies, especially the Nouveau Riche / Royal Court teams.

About the show

The below information contains key plot points.
Skip this section if you want to avoid spoilers.

Jay starts working as a temp at an NHS Child and Adolescent Mental Health Services referral office, ready to make a difference. He is greeted by Angela, who's seen it all. She's been working in this building for over 30 years and nothing seems to faze her – except perhaps this eager new hire who seems determined to challenge her at every turn.

Jay immediately begins to ignore Angela's instructions, even taking it upon himself to make decisions that directly impact patient care. He doesn't understand why Angela is so comfortable with the way things are. Jay is training to be an Occupational Therapist, and is determined he knows better. Tensions rise leading to Angela storming out.

As they continue to work, Angela reveals that she wanted to be a psych nurse. Like Jay, she was young and wanted to make a difference; but quickly realised how difficult that would be within the NHS. It finally seems like they've found common ground; but Jay feels terrible about a complaint he made but can't rescind, so they're forced to confront it.

Jay's rule-breaking finally catches up with him and he has no choice but to own up to what he's done. He has been providing illegal support to a patient who aged out of CAMHS when she turned 18. His heart was in the right place; but that doesn't matter and Jay is let go, too eager to make change, he now won't be able to help at all.

Content guidance

This show contains:

- Use of strong language throughout
- Continued depiction and discussion of mental illness, including depiction of moments of emotional distress
- Infrequent references to physical illness
- Infrequent references to addiction and drug use
- Discussion of self harm, suicide and suicide ideation
- Infrequent references to death
- Description of physical injury and medical treatment
- Depiction of alcohol consumption and drunkenness
- The smoking of herbal cigarettes on stage

Lighting and Sound

This also contains:

- Loud noises
- Moments of darkness
- Pulsating lights and sudden lighting changes

***This Might Not Be It* lasts around 90 minutes with no interval. Please note there is no readmission once the performance has started.**

Helplines & Support

Mind

Provides advice and support to empower anyone experiencing a mental health problem.

[mind.org.uk](https://www.mind.org.uk) or **0300 123 3393**

Young Minds

The UK's leading charity fighting for children and young people's mental health. [youngminds.org.uk](https://www.youngminds.org.uk)

Alumina

An online, 7-week course to help people from 14 to 19 who self-harm. [selfharm.co.uk](https://www.selfharm.co.uk)

The OLLIE Foundation

Help and advice for young people experiencing suicidal feelings. Provides support and information for anyone worried about another young person.

[theolliefoundation.org](https://www.theolliefoundation.org)

Hub of Hope

UK-wide mental health service database. Lets you search for local, national, peer, community, charity, private and NHS mental health support. You can filter results to find the right support. [hubofhope.co.uk](https://www.hubofhope.co.uk)

Samaritans

Provides 24/7 emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

[samaritans.org](https://www.samaritans.org) or **116 123**

Self-care suggestions

Watch with someone

Bring a friend or someone you trust to watch the play with you.

Talk to someone

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

Breathe

Breathing is a great way to help you feel calm. Try breathing in for four seconds, holding your breath for four seconds, exhaling for four seconds and holding again. Repeat this for as long as you need.

Find some nature

Look out of the window or go for a walk if you can; experiencing nature can help us feel grounded.

Shepherd's Bush Green is only a minute's walk away, and the Bush has a terrace with outdoor seating.

Know if you need to step away

There is nothing wrong with deciding this isn't for you or it's too much.

Leave the auditorium, walk away, take a break. Do what feels right for you.

Self-care suggestions

Try a grounding exercise

Grounding exercises are things you can do to bring yourself into contact with the present moment.

There are many ways you can do this. Here are some ideas:

1. Notice five things you can see, four things you can feel, three things you can hear, two things you can smell and one thing you can taste.
2. Sit with your feet on the floor and back against your chair and either gently tap each leg or cross your arms and tap your shoulders.
3. Wash your hands or drink some water.



The performance space

This show will take place in the Studio, which is the smaller of our two performance spaces. For this performance, the space will be in a 'thrust' arrangement, meaning the seats are arranged on three sides of the stage.

The maximum capacity is 60. Access to the Studio is on the ground floor and the floor is level.



Seating is unreserved. There is step free access to the front row in all banks.

A wheelchair space is available to book for every show.

Please note that due to the intimate nature of the performance space latecomers may not be admitted, and we cannot guarantee readmission once the performance has begun.



Access information

The Bush Theatre building has two theatre spaces – the Holloway Theatre and the Studio – as well as our Library Bar. There are two entrances to the building:

The first entrance is via the Bush terrace to the right hand side of the building, accessible via a ramp suitable for wheelchair users and buggies or via three steps. There is a red automatic double glass door.

From here the Box Office is to the left and the Library Bar and Gianni and Michael Alen-Buckley Script Library are beyond the Box Office around the corner. The Holloway Theatre entrance is just beyond the bar and to the right of the Script Library.

Access information

If you enter through **the front entrance** on Uxbridge Road through the porch up some steps, the theatre's Library Bar is straight ahead on the right, the Script Library is to the left, and the Box Office to the right. The entrance to the Holloway Theatre is straight ahead on the left.

The toilets are situated on the first floor and are accessible via stairs or the lift. There is also an **accessible toilet** on the ground floor beneath the stairs which access patrons have priority to use.

The Bush Theatre aims to be as accessible as possible in everything we do. The whole building is accessible for wheelchair users, a hearing loop is available, and Assistance Dogs are welcome at every performance.

Discounted tickets for disabled bookers and free tickets for essential companions are available.



**If you have any
questions or
would like more
information, don't
hesistate to get
in touch with our
team:**

**email:
boxoffice@bushtheatre.co.uk**

**phone:
020 8743 5050**